Destination Unlimited Treks & Expedition Pvt. Ltd Pvt. Ltd.

Mardi Himal Trek - 5 Days

Duration: 5 Days

Itinerary (Plan)

Day 1 Drive from Pokhara to Kande and Trek to Forest Camp(2,550m)

- Time : 7-8hrs
- Max Altitude : 2550m

Accommodation: Hotel/Cottage

Meal: BLD

Begin your adventure with a scenic 45 minutes drive from Pokhara to Kande. The journey offers a glimpse of the stunning landscape you will be exploring on foot. Once in Kande, the trek officially begins. The trail from Kande winds through picturesque villages and lush vegetation, immersing you in the natural beauty and local culture of the region. As you ascend, you'll pass through dense forests of oak and rhododendron, providing a refreshing and serene atmosphere. After a 6-7 hour trek, you'll arrive at Forest Camp, a tranquil hill camp nestled within the forest. Here, you can rest and acclimatize while soaking in the peaceful surroundings. This first day sets the tone for the incredible journey ahead, blending scenic views, cultural encounters, and the serene ambiance of the forest. Over night at tea-house.

Day 2 Trek from Forest camp to Badal Danda(2,970m)

- Time : 5-6hrs
- Max Altitude : 2970m

Accommodation: Hotel/Cottage

Meal: BLD

On the second day of your Mardi Himal Trek, you'll continue your ascent from Forest Camp to Badal Danda. The journey takes about 5-6 hours and is filled with captivating natural beauty. Leaving the serene Forest Camp behind, you'll trek through lush rhododendron and oak forests. As you climb higher, the dense forest starts to thin out, gradually giving way to more open and expansive views. The trail to Badal Danda is moderately challenging but extremely rewarding. Upon reaching Badal Danda, you'll be greeted with panoramic views of the surrounding landscapes. This viewpoint offers stunning vistas of the Annapurna range, including the majestic Machhapuchhre (Fishtail) and other towering peaks. Badal Danda, meaning

"Cloud Hill," is aptly named for its breathtaking cloud formations and spectacular scenery. Here, you can relax, take in the stunning mountain views, and prepare for the exciting journey ahead. This day's trek highlights the diversity of the terrain and the ever-changing vistas that make the Mardi Himal Trek so special. over night at tea-house.

Day 3 Trek from Badal Dada to Base Camp(4,500m) and Return to Badal Danda

- Time : 5-6hrs
- Max Altitude : 4500m

Accommodation: Hotel/Cottage

Meal: BLD

On Day 3, you'll begin on the most exhilarating part of the Mardi Himal Trek, reaching the highest point at Mardi Himal Base Camp. The day begins early as you start your ascent from Badal Danda. The trek to Mardi Himal Base Camp is challenging but incredibly rewarding. As you climb higher, the trail becomes steeper and more rugged, traversing alpine meadows and rocky terrains. The air is crisp, and the landscape becomes more dramatic with every step. Upon reaching Mardi Himal Base Camp at 4,500 meters, you will be rewarded with stunning, panoramic views of some of the most iconic peaks in the Annapurna range. Marvel at the breathtaking, crystal-clear vistas of Mt. Annapurna, Mt. Machhapuchhre (Fishtail), and several other majestic peaks. The sheer grandeur of the Himalayan landscape will leave you in awe. Take some time to soak in the spectacular scenery, capture photographs, and savor the sense of accomplishment. The Base Camp offers a unique perspective of the mountains, making it the highlight of the trek. After spending quality time at the Base Camp, you'll begin your descent back to Badal Danda. The return journey allows you to experience the landscape from a different angle, with the changing light creating new and beautiful vistas. By the end of the day, you will return to Badal Danda, where you can rest and reflect on the incredible journey to the highest point of the trek. This day is sure to be one of the most memorable, with its challenging climb and breathtaking rewards. Over night at Tea-house

Day 4 Trek from Badal Danda to Australian Camp(2060m)

- Time : 5-6hrs
- Max Altitude : 2060m

Accommodation: Hotel/Cottage

Meal: BLD

On Day 4, you'll begin your descent from Badal Danda to Australian Camp. This journey takes approximately 5-6 hours and offers a mix of beautiful landscapes and cultural experiences. Leaving Badal Danda, you'll start your trek down through lush forests and scenic trails. The descent provides a different perspective on the landscape, allowing you to enjoy the diverse flora and fauna of the region. As you trek down, you'll pass through charming villages, giving you a glimpse of the local lifestyle and culture. The trail gradually descends to Australian Camp, situated at an altitude of 2,060 meters. Australian Camp is known for its stunning panoramic views of the Annapurna and Dhaulagiri ranges, making it a perfect spot to relax and soak in the beauty of the Himalayas. Upon reaching Australian Camp, you'll be greeted with comfortable accommodations and a serene environment. The camp offers breathtaking sunset views over the mountains, making it a picturesque end to your day's trek. Spend the evening relaxing, reflecting on the journey so far, and enjoying the peaceful ambiance of Australian Camp. This day combines the thrill of trekking with the tranquility of nature, creating a memorable experience as you approach the final leg of your adventure. Over

night at Tea-house.

Day 5 Trek from Australian Camp to Kande and Drive to Pokhara(822m)

- Time : 3-4hrs
- Max Altitude : 822m

Accommodation: Hotel/Cottage

Meal: BLD

On the final day of your Mardi Himal Trek, you'll enjoy a short and pleasant trek from Australian Camp to Kande, followed by a scenic drive back to Pokhara. Begin your day with a peaceful morning at Australian Camp, taking in the last views of the Annapurna and Dhaulagiri ranges. After breakfast, you'll start your descent towards Kande. The trek takes about 1-2 hours and passes through charming villages and terraced fields, offering a last glimpse of the beautiful Himalayan foothills. Upon reaching Kande, you'll board a vehicle for a 45 minutes drive back to Pokhara. The drive is a relaxing end to your adventure, allowing you to reflect on the incredible journey you've just completed. Arriving in Pokhara, you'll have the rest of the day to explore this vibrant city. Whether you choose to relax by Phewa Lake, visit local cafes, or explore the bustling streets, Pokhara offers a perfect blend of relaxation and entertainment. This final day wraps up your 5-day Mardi Himal Trek, leaving you with unforgettable memories of stunning landscapes, challenging climbs, and the serene beauty of the Himalayas. Hotel in Pokhara

Cost Include

- Transportation trek start and end
- Trekking Accommodation, Twin Sharing in Basic Tea-house
- English-speaking guides/ Who has excellent knowledge.
- Porters for 2 guest one porter
- All meals(Breakfast, Lunch & Dinner) with tea
- Fresh Fruits after dinner every evening.
- All necessary documents and permits for trekking
- Trekking equipment including sleeping bags
- Staff insurance, medication and equipment
- All Govt. and Local Taxes, First Aid Kit
- Trekking Certificate by Destination Unlimited.

Equipment List & Gear Guide

Clothing & Gear Checklist for the 5-Day Mardi Himal Trek

Though Mardi Himal is a relatively short trek, its **altitude range (1,770 m to 4,500 m)** and **variable weather** mean you must pack smart. The checklist below balances **comfort, safety, and efficiency.**

Clothing Layers (Layering is key):

- Moisture-wicking base layers
- Fleece or down jacket
- Waterproof shell (jacket/pants)
- Trekking pants
- Warm hat & sun hat

Footwear:

- Trekking boots
- Camp shoes/slippers

Backpacks & Bags:

- Daypack
- Duffle or large pack
- Rain cover
- Dry bags or packing cubes

Personal & Medical Supplies:

- Diamox (for AMS prevention)—consult doctor
- Basic first aid kit (blister pads, painkillers, antiseptic, band-aids)
- Personal medications
- Electrolytes or rehydration salts
- Altitude sickness symptom sheet (for self-monitoring)

Essential Gear:

- Trekking poles (foldable preferred)
- Water bottles or hydration bladder (2–3 L total capacity)
- Headlamp with extra batteries
- Sunglasses (UV-protected)
- Sunscreen & lip balm (SPF 30+)
- Quick-dry towel
- Sleeping bag (rated to -10°C / 14°F)
- Reusable bags for waste/laundry
- Power bank (charging limited in higher altitudes)
- Toilet paper & hand sanitizer

Documents:

- Passport & visa copy
- ACAP permit & TIMS card (or digital photos)
- Passport-sized photos (for permits)
- Travel insurance (that covers trekking above 4,000 m)

Cost Exclude

- International airfares, Kathmandu sightseeing and entrance fees
- Travel/trekking insurance/ Nepal entry visa fees
- Mountain rescue charges or insurance
- Bottled drinks on trek (cold and alcoholic) and hot drinks
- Lunches and dinners in Kathmandu and Pokhara
- Additional food or drink on trek in addition to three standard meals
- Personal expenses, Emergency Expenses, road blocked, snakes, desert.etc
- Which is not mention in email
- Tips(Tipping are expected)
- Hotel in Kathmandu and Pokhara

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