

Khopra Trek

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Khopra Trek

URL: <https://ascendhikes.com/package/khopra-trek/>

Destination

Nepal

Activity

Trekking

Start / End Point

Kathmandu/Kathmandu

Duration

12

Region

Annapurna Region Treks

Max. Altitude

4660 m

Best Season

Spring and autumn.

Activity Per Day

5-8 hours

Per Person From

USD 655

Group Size

1 - 14

Trip Difficulty

Moderate

Accommodation

Guest house

BLD

Breakfast, Lunch and Dinner

Overview:

Welcome to the Khopra Trek. This trek (Full package) starts from Kathmandu to Kathmandu. (its deepening where your location). It's about 550 km altogether road trip and 63 km trekking distance, Starting from Ghandruk village to Tatopani. 7days trekking, discovering wonderful local culture, panoramic views of the mountain flora and fauna. Rich Gurung and Magar cast culture are the plus point. Ghandruk and Swanta is cultural village, Tadhapani, Muldai viewpoint and Khopra danda are one of the best viewpoints to capture views on your camera. Exploring Khayer Lake (4660m) is another adventure. Gradual, steep downhill to steep ascent khayer lake is challenging trail, but if you are physically fit, then it is moderate trekking grade. So, this trek is family friendly trails, for beginners and also the export trekkers, where you will be fully satisfied with this all activities in Khopra region.

Trip Information:

Khopra Danda Trek, start from Ghandruk and ending at Tatopani after 7 days walking. Road trip about 550 km, Kahmandu to Pokhara 200 km twice and Tatopani to Pokhara and Pokhara to Ghandruk village. All the transportation (Kathmandu to Pokhara by tourist bus, Pokhara to Ghandruk by Sharing jeep, Tatopani to Pokhara by local bus and Pokhara to Kathmandu by tourist bus), food and accommodation are fully organize from the company in full board package. Pick up from the international airport to drop in the airport are included on this trek from the company.

What is the main attraction of this Khobra Trek?

Entering to Annapurna conservation region, to explore rich flora and fauna and the culture and mountains; Pokhara a beautiful city. Ghandruk, a rich cultural Gurung village. Muldai viewpoint, one of the best panoramic places to capture photos. Khopra and Khayer lake is another best place for Himalayan range. Swanta, a nice Magar village to discover local culture and Tatopani, well known place for hot spring. This are the main high light of this Khobra trekking.

What is the trekking duration for Khobra trek?

For the Khobra region trek, there are different routes so depending on which route you are planning. Here is possibility and comfortable route.

Drive to reach trekking sport:

1. Kathmandu to Pokhara (200km) 7-9 hours (depending on traffic).
2. Pokhara to Ghandruk (about 60km) 4-5 hours drive
3. Tatopani to Pokhara 115km 6-7 hours driving
4. Pokhara to Kathmandu 200km 7-9 hours drive.
5. Start trek from Ghandruk to Tatopani 7 days.

Is there possible to start trekking only from Pokhara?

Ascend Hikes always flexible according to the trekkers comfortable and possibilities, so there is no objection to start trek from where you feel comfortable.

When you once in Annapurna region, permits are validity for another trek too?

If you are in Annapurna region, without exit your permission, you can do another trek. For example, after khobra trek you can continue your trek from Swanta to Annapurna Base Camp trek or Mardi Himal trek.

Which is suitable after Khobra trek to continue another trek?

Depending on your time and interested. Here are some possibilities after Khopra trek.

From Swanta trek continue to **ABC, 8days plus**

Another possibility after Khopra Trek, Muktinath/ Jomsom and Kaligandaki valley trek

This is the most possibility to do trek after khopra trek. For more to know please get in touch with us [WhatsApp](#), [Email](#) for quick response.

Itinerary

Day 01: Arrival in Kathmandu and transfer to hotel

Upon your arrival at Tribhuvan International Airport in Kathmandu, you will be greeted by a representative who will transfer you to your hotel. You can spend the rest of the day exploring the vibrant city and preparing for the trek. Overnight in Kathmandu.

Highlight of the day:

- Kathmandu valley and the Himalayan ranges from airplane.
- Hotel in Thamel and shops surrounding.
- First experience in Kathmandu and Thamel discover.
- Wonderful evening to walk in Thamel Bazar.

Drive Distance

5-6 km

Drive Duration

30 minutes

Highest Altitude:

1300 m

Meals:

BB

Place:

Kathmandu

Accommodation:

Star Level hotel in Kathmandu

Day 02: Early in the morning drive to Pokhara

Early in the morning, buses are leaving from Kathmandu. Today driving 200 km, depending on road conditions and the traffic. Normally 7-8 driving hours. During the day you will have a wonderful experience about nature, lifestyle and landscapes. I hope you will enjoying today's drive.

Highlight of the day:

- Long driving experience and beautiful landscapes.
- Passing several rivers and famous rafting river Trisuli River.
- A beautiful Pokhara city and mountains are surrounding.
- Evening walk through Fewa Lake and local foods.

Drive Distance

200 km

Drive Duration

7-9 hours

Highest Altitude:

850 m

Meals:

Lunch is Included (drinks and other are exclude)

Place:

Pokhara

Accommodation:

two people sharing with BB plan hotel in Pokhara

Day 03: Drive to Ghandruk and trek to Tadha Pani

Today your guide wakes you up early in the morning around 07: 00 am and drive to Ghandruk about 4 hours. Ghandruk is nice Gurung majority village, after excursion, trek continue to Tadhapani about 3 hours. Stay overnight at Tadhapani.

Highlight of the day:

- Beautiful Ghandruk village and Hilly region driving experience.
- Local culture and customs.
- Wonderful Annapurna, fishtail, Dhaulagiri and Manaslu Himalayan ranges.
- Amazing sunset views from Tadha Pani Village.

Trek Distance:

9 km

Trek Duration

3-4 hours.

Highest Altitude:

1945m

Meals:

on the way Lunch, and Dinner included

Place:

Tadhapani

Accommodation:

guest house with two people sharing room

Day 04: Trek from Tadha Pani to Dobato

Start in the morning time, it is gradual inside of the forest. Almost the uphill path, when arrive in Dobato is the beautiful place with panoramic views. Enjoy the day with lots of excursion.

Highlight of the day:

- Wonderful sunrise view and walking inside of the den-forest.
- Wide Himalayan ranges and beautiful rhododendron forest.
- Less crowded region comparing another route of Annapurna.
- Hike to great Muldai viewpoint.

Trek Distance:

9.5 km

Trek Duration

5.5 -6.5 hours

Highest Altitude:

3,420 m

Meals:

Breakfast / Lunch /Dinner

Place:

Dobato

Accommodation:

Simple community guest house

Day 05: Trek from Dobato to Shritibung

Today you have to wake up early in the morning for the sunrise view from Muldai viewpoint. It is one of the best highlight of the day. Great panoramic views of the valley and long Annapurna, Dhaulagiri and Nilgiri Himalayan ranges. Have a starting wonderful day.

Highlight of the day: Beautiful valley with blossom rhododendron blooming in the Spring.

Amazing mountains views, Dhaulagiri, Nilgiri, Annapurna shouth and many more.

Most of the time above the tree line paths brings you a great view

Trek Distance:

10km

Trek Duration

5-6 hours

Highest Altitude:

3,465 m

Place:

Shritibung

Meals:

Breakfast / Lunch / Dinner provide

Accommodation:

Simple community guest house, sharing be

Day 06: Trek from Shristibung to Khobra Danda

Today is easy day, only 2-3 hours walking. When ascent up to Khopra Danda, is one of the best viewpoints. After the lunch you can hike towards Khayer Lake to capture evening views.

Highlight of the day: wonderful views of the Dhaulagiri and Nilgiri Himalayan ranges. Great view of the Godepani and the valley.

Trek Distance:

4.5 km

Trek Duration

3 hours

Highest Altitude:

3,665 m

Meals:

Breakfast / Lunch / Dinner provide

Place:

Khobra Danda

Accommodation:

Simple community lodge with basic services

Day 07: Hike to Khayar Lake and back Khopra Danda

Today, you'll embark on a side trip to the sacred Khayer Lake. The hike to the lake involves a steep ascent, but the magnificent views and the tranquil ambiance of the high-altitude lake make it worthwhile. After spending some time at Khayer Lake, you'll return to Khopra Ridge for overnight stay.

Highlight of the day:

- Gaining a highest altitude Khayar Lake of this trek.
- Wonderful views of the Annapurna south front of you.
- Alpines bushes, flowers, Birds and fauna.

Trek Distance:

12-13km

Trek Duration

7-9 hours

Highest Altitude:

4,660 m

Meals:

BLD

Place:

Khobra Danda

Accommodation:

Basic tea house

Day 08: Trek from Khopra Danda to Swanta

Trails just easy steep descending to swanta Village. Crossing small rivers and exploring the forest with different types of birds and wild animals.

Highlight of the day: exploring some wild animals, flora and birds. A beautiful village Swanta experience Magar culture and local test.

Trek Distance:

11km

Trek Duration

5-6 hours

Highest Altitude:

2,270 m

Meals:

Breakfast / Lunch / Dinner provide

Place:

Swanta

Accommodation:

Community lodge with good service

Day 09: Trek from Swanta to Tatopani

A day start still descending to Tatopani (hot spring). Easy day, exploring local's live-style, activities and many more. Trails lead towards downhill. After this all, have a wonderful time to deep in hot spring.

Highlight of the day: wonderful villages activities with local customs.

Famous Tatopani (hot spring) are the main highlights, enjoy the day

Trek Distance:

16km

Trek Duration

5 hours

Highest Altitude:

1,195 m

Meals:

Breakfast/ Lunch/ Dinner provide

Place:

Tatopani

Accommodation:

Moderate guest house sharing basis

Day 10: Drive to Pokhara from Tatopani

Passing a beautiful village, temples and the Kaligandaki River, are the waking up you to make a memorable capture. Kande is another like a viewpoint to observe Pokhara city. After all, relax in Pokhara.

Highlight of the day: Driving experience in the bumping.

Drive Distance

114 km

Drive Duration

5-6 hours

Highest Altitude:

800 m

Meals:

Breakfast and Lunch provide

Place:

Pokhara

Accommodation:

BB plan hotel in Lakeside Pokhara

Day 11: Drive from Pokhara to Kathmandu**Highlight of the day:**

After entire trekking to Khopra Danda, driving back rush and crowded city Kathmandu for your final departure. Driving with beautiful villages and others see-nary make your drive memorable and enjoyable.

Drive Distance

200 km

Drive Duration

7-9 hours

Highest Altitude:

1300 m

Meals:

Breakfast from hotel and Lunch is providing

Place:

Thamel, Kathmandu

Accommodation:

Star hotel with BB plan in Thamel, Kathmandu

Day 12: Final departure from Kathmandu international airport

After all, complete your Khopra Danda trek, our team will manage you to drop Trivuwani international airport for your journey back home.

We hope you are leaving Nepal with beautiful memories of mountains, our hospitality and Nepalese cultures. Namaste and we wish you a safe Travels, we are looking forward to welcoming you again for another adventure journey to Nepal Himalayas

Includes

- Airport Pick up and drop.
- All the accommodation and meal (3 times a day with one main course) during the trek.
- All the official expenses and paperwork (like Permit for peak climbing).
- All the Transportations.

- Government license holder Ascend Hikes Experience English speaking Guide.
- A Porter for 2 Trekkers and Maximum 20 Kg weight of Luggage.
- All the Government Taxes.
- All the Insurance of Guide and Porters.
- Farwell dinner in Kathmandu.

Exclude

- Travel Insurance and Entry visa fees.
- International Flight tickets.
- All trekking gear and others expenses.
- Hot & cold, Bar and Beverages bills, like hot water, tea, coffee, etc.
- All the accommodation and food before and after Trekking.
- Excess Baggage charge.
- Personal expenses: wi-fi, Battery charge etc...
- Staff tips
- All others things are Exclude which is not in the list of Include.

Group Discounts Available

No. of Persons	Price per Person
1	USD 775
2	USD 755
3	USD 655
4	USD 650
5	USD 645
6+	USD 595

Essential Information for Khopra Trek

There are several things to care before doing this Khopra Trek, here are describe some major factor of this trekking risk with prevention of should be happen in the mountains, to make your mind setup.

Altitude sickness and Precaution:

Above the 3000meters altitude, should be get altitude sickness in the Himalayas. There is no boundary, who will get altitude sickness. Any one any time can get altitude symptoms. It depending on how you can adjust the environment.

How to know getting altitude sickness?

- Some major symptoms of Altitude sickness.
- Less appetite and tiredness.
- Short breath and can't sleep at night.
- Headache and dizziness
- Vomiting and whole-body cold.

How to prevention altitude sickness?

- Some step to avoid altitude sickness,
- Walk slowly where you are above 2500 meters altitude.
- Drink enough water (3-4 liters) recommend.
- Stop drinking alcohol and smoke.
- Eat plenty and hygienic food, instead of junk food.
- Don't sleep at daytime.
- pack a Diamox for the emergency case.
- And walk in high and sleep at low elevation.

What to do/ medicine, if get altitude sickness?

- There is no medicine for the altitude sickness to recovery and ascent. Only the prevention is best idea.
In case get altitude sickness what to do?
- Try to eat hot soups and as soon as possible descend and descend to the low elevation.
- Take a Diamox for little relax and move down.
- If it is serious case, rescue whatever by helicopter or what is possible.
- Don't underestimate with altitude sickness, it may take your life.

Weather conditions and weather risk at Khopra Trek

Spring (March -May):

The spring is one of the best for trekking season in Khopra. The temperature in the daytime 10° Centigrade (Khopra Danda) to 22° centigrade (Ghandruk), and at the nighttime 7°centigrade (Ghandruk village to -5° Centigrade (Khopra Danda), which is ideal temperature to trek. Discover blossom rhododendron blooming everywhere, experience of traditional culture and mountains. Different kinds of Bird watching. Photography expeditions, with beautiful landscapes with panoramic views at stable weather.

Summer season (June - August):

Summertime is best for harvesting and planting season. It is best for agriculture activities. You can join to planting rice and Millet. Lush green landscape and nice waterfalls are the amazing. Discovering Ropai festival. Normally this season is best to experience of agriculture.

Temperature: During the daytime temperature is 9-12°C Khopra Danda to 22-27°C Ghandruk and during the nighttime drop down 5 to -5°C Khopra Danda and 5 - 10°C in Ghandruk village.

If you are looking for trek in this season, have to well- preparation against rain and the landsliding. Benefits are less crowd and different experience.

Autumn season (September - November):

Autumn season is another one of the best seasons for trekking and to explore different festivals moments. Especially Hindus festivals, like Dasain, Tihar (Deepawali), is one of the most beautiful experiences to memory on your camera. Trekking in autumn is best idea, with stable clear weather and it is best for photography and panoramic views.

The temperature during the daytime grow 5°C (Khopra Danda) to 19°C (Ghandruk) and at nighttime 2-5°C (Ghandruk) to -7°C Khopra Danda.

If you are planning for the trek in this season, then it is an ideal choice, offering a beautiful views and suitable weather. We highly recommend this trip in autumn.

Winter season (December - February):

Winter is the time to explore snow trekking. Khopra Danda and near route is the best magical landscape to photography white peaks.

Mostly clear weather but frizzing cold challenging to trek. All the paths are frozen. Most of the teahouses are closed. If you are looking in winter for this trek, you have to take guide and porter to assist you.

The temperature is during the daytime 7°C to -2°C in Khopra Danda and at the nighttime drop down -4°C to -10°C. So, if you are considering in this temperature, not many snows and willing to chill out there are no objection to make this trek success.

Mountain ranges:

Khopra is famous for beautiful Annapurna range, Fishtail, Dhaulagiri, Nilgiri Himalayan ranges. Depending on the weather, but the views are amazing in this trek.

Accommodation and food available

Khopra trekking trails is less crowd route, so where lodges and food are basic. Guesthouses are not many capable comparing other route of Annapurna. Sometimes you have to share your bed with others, if there are more people than capacity, because guest houses are limiting this area. Almost all the guest houses are community lodge.

Food: food is simply basic. Recommended Nepali Dal-Bhat at the evening and for the lunch Potatoes dish, noodles and spaghetti would be fresh and easy to cook.

Photography tips and risk management

During the trekking and sightseeing you are allowed to take a photograph, but some case you have to ask before because of the cultural and society rule. Wide Mountain ranges make beautiful memories save on your camera. Tadhapani, Muldai viewpoint, Khayer Lake are the best place to photograph for the best story.

Risk management: while photograph people, please ask before sometimes they don't want. Be a safe side while photograph, near big cliff and narrow place cause others passing through you. When animals passing you please be sure you are at cliff side. Always keep in mind safety first.

Seasonal Activities

Annapurna region is rich in cultures and traditional activities. Here are some seasonal great experience;

1. Festivals in the autumn is the best experience to calibrate with locals.
2. Winter festival is loshar, another celebration in January-February.
3. Yak blood drinking festival: in the June - July near Muldai viewpoint locals are calibrate of Yak blood drinking festival which is unbelievable.
4. Ropai Festival in July; everyone enjoying with this festival.

Thinks to carry

Here are the must necessities equipment recommended to pack for the trekking to Khobra Danda trek.

Travel Documents to carry.

Valid Passport (incase some place you need it).

Debit/Credit Cards (For your own safety).

PP Size Photo (2 Pieces) (need for the permits).

Insurance paper and contact address (need for the rescues).

Family members / company's contact address.

Medical/First Aid.

Small First Aid Kit - Include first aid medicines, Bandage, Ibuprofen, Blister tape, personal medications, etc.

Medications and prescriptions - Bring antibiotics (Azithromycin, etc.) painkiller tablets, and altitude medicine such as Diamox.

Head wear.

1. Sun Cap: to protect sun burn during the day trip.
2. Warm Hat: need for the high altitude to avoid cold.
3. Neck Gaiter (Scarf): protect your neck to keep warm.
4. Head lamps: remote area, most needed.

Footwear,

1. Normal Socks (3-4Pairs)
2. Warm Socks (1-2 Pairs)
3. Trekking Shoes: comfortable to hikes.
4. Sports Shoes: for the evening.
5. Slipper: a pair for the evening and the morning.

Eye care.

1. Sunglasses: important to protect your eye.
2. Eye drop: better to have one.

Hand Wear.

1. Thin Fleece glove a pair: keep your hand warm.
2. Wind Stopper glove a pair: useful for high altitude.
3. Walking Stick: it helps a lot on the trekking.

Bag Packs,

1. Day Bag Maximum 35L for during the day hike.
2. Duffle Bag 40L -60L waterproof would be better.

Toilet and daily used things.

1. Hand sanitizer: to clean your hand.
2. Toilet Paper and Wet Tissue, it needed.
3. Toothbrush: it is daily used things.
4. Soap and Shampoos: you need every day in the mountain.
5. Towel: important to have one.

Budy Weare.

Thermal Top Base Layer (2-3 pieces).

2. Fleece Jacket (1Piece).
3. Gore Tex Jacket (1 Piece).
4. Warm Jacket (1-2 Piece).
5. Insulated Down Jacket (1 Piece).
6. Cotton T-Shirt (2-4 Pieces).
7. T-shirt – Sport- quick dry and breathable (1-2/1-2 Pieces).

Lower part of Body wear.

1. Thermal Layer (1 Piece)
2. Fleece Trouser (1piece)
3. Light Trekking Pant (1-2 pieces)
4. Quick dry Trekking Pants (2-3 Pairs)
5. Half pants (1-2Pieces)
6. Under Wear (3-4 pieces)

Miscellaneous.

1. Pocket Knife (Swiss): travelling knife is must important.
2. Umbrella / Raincoat: if it is rain would be useful.
3. Nail Cutter: in the mountain most useful.
4. Altimeter Watch: to discover altitude.
5. Power Bank: in the remote area, must needed,
6. Camera, your future memories.

Water Drinking bottle.

Sleeping Bags

Frequently Asked Questions

What is the best time to Khopra trek?

The best time to do the Khopra Trek is during the spring (March to May) and autumn (September to November) seasons. These months offer stable weather, clear skies, and moderate temperatures, making it ideal for trekking. However, with proper preparations, the trek can be done throughout the year, except during the monsoon season (June to August) when the region experiences heavy rainfall.

Are permits required for the Khopra Trek?

Yes, permits are required for the Khopra Trek. You will need to obtain the Annapurna Conservation Area Permit (ACAP) and the Trekkers' Information Management System (TIMS) card. These permits can be obtained either in Kathmandu or Pokhara before starting the trek.

Is it necessary to hire a guide or porter for the Khopra Trek?

Hiring a guide or porter is mandatory according to new government rule for the Khopra Trek, it is highly recommended. A guide can assist with navigation, provide valuable information about the region, ensure your safety, and make your trek more enjoyable. A porter can help carry your heavy backpack, allowing you to trek with less weight and enjoy the journey.

What type of accommodations are available during the trek?

Along the Khopra Trek route, there are teahouses and lodges that provide basic accommodation and meals. The facilities are simple but comfortable, offering a bed, blanket, and a shared bathroom. However, it's advisable to have a backup sleeping bag in case of colder nights.

Is altitude sickness a concern on the Khopra Trek?

Altitude sickness can be a concern on the Khopra Trek, especially when reaching higher elevations. It's crucial to acclimatize properly by ascending gradually, staying hydrated, and listening to your body. If you experience symptoms of altitude sickness, such as headache, dizziness, or nausea, it's important to descend to a lower altitude and seek medical attention if necessary.

Can the Khopra Trek be done solo?

Yes, the Khopra Trek can be done solo. However, it's important to have prior trekking experience, be well-prepared, and have a good understanding of the route. Joining a guided trek or hiring a guide can enhance safety and provide assistance throughout the journey.

Some Useful Local Languages



Khopra Trek

Here are some useful local greetings phrases and sentences.

- **NAMASTE - Hello (all ages people can use)**
- **TAPAI LAI KASTO CHHA? - how are you?**
- **MALAI THIK CHHA, DHANYABAT - I am fine, thank you.**
- **TAPAIKO NAM KE HO? - what is your name?**
- **MERO NAM HO. - my name is**
- **KRIPAYA MALAI SAHAYOG GARNUS. - please help me....**
- **MALAI BHOK LAGE KO CHHA. -I am hungry**
- **MALAI KHANA DINUS - Give me a rice.**
- **MALAI YO THAU RAMAILO LAGYO - I really love this place.**
- **YO THAU BATA ... THAU MA PUGNA KATI SAMAYA LAG CHHA? - How far from here to ... place?**
- **MALAI CHISO VAYO - I feel cold.**

- **CHIYA PAIN CHHA? - Can I get tea?**
- **TAPAI LAI KASTO LAGYO KHANA? - How is food?**
- **MITHO CHHA - Very good/ testy**
- **PANI - water**
- **KHANA- Food**
- **DHANYABAT - thanks**
- **FERI VETAULA - See you again**

TAPAI KO YATRA SAFAL RAHOS - have a safe journey

Address

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