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Khopra Danda Trek

URL: https://himalaya-discovery.com/trip/khopra-danda-trek/

Trip Code
WTE-1424

Destination
Nepal

Activity
Trekking in Nepal

Start / End Point
Pokhara / Tatopani

Duration
7 – 9

Per Person From
USD 780

Accommodation
Lodge
Nepal lodges, also known as teahouses, are basic yet cozy accommodations found along trekking routes.

Region
Annapurna

Max. Altitude
4600m, Khayer Lake

Nature Of Trek
Teahouse to Teahouse Trekking

Best Season
March to May, September to November

Activity Per Day
5- 6 hrs

Group Size
1 – 15

Transportation
Flight and Drive

BLD
Breakfast, Lunch, Dinner

Strenous

Khopra Danda Trek Highlights

- Panoramic and close-up view of Annapurna Massifs
- Witness unobstructed sunrise and sunset views from Khopra Danda viewpoint.
- Enjoy the newly opened, less crowded trekking within unspoiled nature.
- Experience the lifestyle and culture of Magar and Gurung people.
- Walk through dense jungle, Rhododendron flowers, waterfalls etc.
- A side trip to Khayar Lake.
- A unique experience of natural hot spring at the bank of Kaligandaki River.

Khopra Danda Trek Overview

Khopra Danda Trek is the new, less explored, off-the-beaten-trekking route in Annapurna region of Nepal. This trek also has alternative names like Kopra Ridge and Khayer Lake trekking etc.

This is the perfect scenic trek to avoid the crowded part of the Annapurna region. On this trek, you will have the peaceful memories on the less explored trails. Within a short duration, this trek lets you enjoy the beautiful untouched nature. And the chance to observe real Nepali lifestyles (their culture, art of living and religion).

This trek is suitable for all trekkers from beginners to experienced. Most parts of the trails are strenuous while some parts are easy. The path goes through a deeply lush pine, oak, rhododendron, and bamboo forest.

You will get to witness gorgeous vistas of snowy Himalayas. And cross beautiful Magar, Gurung, Kami, Brahmin villages with its beautiful terraced farming lands.

Moreover, in Khopra Danda Trek, you will take an adventurous hike up to Khayer Lake at 4600m. This is the highest point with most spectacular and picturesque views of mountain peaks and landscapes.

The best time to take this Khopra Danda Trek is March, April, May and September, October, November. However, you can still trek during other months which offers more peace and solitude with nature.

Overall, Khopra Danda trek is one of the great and short treks that Nepal has to offer. For further details, please feel free to contact us.

Khopra Danda Trek 9 Days Trekking Itinerary and Route

9-Day Khopra Danda Trek is an amazing adventure in the Annapurna region. Our journey begins with your arrival in Kathmandu, followed by a scenic flight to Pokhara. From Pokhara, we drive to Nayapul and trek to Tikhedhunga amid giant bamboo forests and beautiful waterfalls. On the third day, we hike to Ghorepani crossing Ulleri village and rhododendron forests.

The fourth day takes us to Upper Chistibung after walking through alpine meadows. On our fifth day, we ascend further towards Khopra Danda Ridge, which presents some awesome views of Annapurna South and the Dhaulagiri Range. We spend a rest day at Khopra Danda today enjoying an optional hike that takes us to the sacred Khayer Lake located at an elevation of 4660m surrounded by pristine natural beauty.”

On the seventh day, we descend to Tatopani, and you’ll want to spend some time in the hot springs here. After a drive back to Pokhara on day eight, you’ll return to Kathmandu on day nine. Along the way, you’ll go through Birethanti, Ulleri and the Kali Gandaki Valley, so this trek really is a great mix of adventure, culture and nature.

What’s Most Exciting About Khopra Danda Trekking

or Khopra Ridge Trek?

Khopra Ridge, also known as Khopra Danda, is one of those places that will leave you in awe after your visit. It arguably has the best panoramic view of the Himalayas in the whole Annapurna region. On this trek, you'll be able to see Mount Dhaulagiri (8167m), Annapurna I, II, III, South; Machhapuchhre (Fishtail), Hiunchuli, Nilgiri, and Lamjung Himal. What makes this trek special is also the fact that it's less crowded than other classic treks around the region.

The highlight of this trek is hiking to a sacred lake, Khayer Lake, located at an elevation of 4660m. The serene alpine lake holds great religious significance for Hindus as well as Buddhists. Devotees believe that taking a dip in the holy water washes away sins and illnesses; hence, every year, hundreds of devotees going on pilgrimage come to visit this awesome place. There lies a small temple dedicated to the god Khayer Barahi right next to the lake, which is surrounded by pilgrims during festival time, adding more cultural flavor to your travel spot.

Viewing opportunities are not limited to mountains only. If you're lucky enough, you can also get a glimpse of some of Nepal's most amazing wildlife, such as Himalayan Thar or Danphe (which happens to be Nepal's national bird), when walking through rhododendron forest or maybe even spot one of them while passing alpine meadows and beautiful remote villages. The wildlife and nature combined with spirituality and the biggest cultural highlights along the way make this trip so much more special.

Itinerary

This 9-day Khopra Danda Trek itinerary is designed for those who want to take the off the beaten adventure in the Annapurna region. Created by local expert guides, keeping all the useful information included the trek takes us through lush rhododendron forests, off-the-beaten-path villages inhabited by Gurung and Magar communities, and incredible viewpoints like Khopra Ridge. Additionally, we see the panoramic view of the Annapurna and Dhaulagiri ranges. This itinerary also ensures that even the route is suitable for both novice trekker and a seasoned hiker.

Day 01: Arrive in Kathmandu

Arrive in Kathmandu and you will meet one of our representatives who will escort you to your respective hotel.

And after settling into the hotel, you will get a briefing about the trip with your tour leader. He will discuss the trek details and coordinate you for the last minute arrangements.

Trek Distance:	Trek Duration	Highest Altitude:
Free Day	Free Day	1400m, Kathmandu

Meals:	Accomodations:
Breakfast	Hotel

Day 02: Fly to Pokhara, Drive to Nayapul, Trek to Tikhedhunga

Today after breakfast, you will take an early morning flight to Pokhara which will take about 35 minutes.

Upon reaching Pokhara you will take an hours drive to Nayapul which cover 42 km in car/jeep through the prosperous village of Lumley.

As you reach Nayapul, your trek begins to Birethanti situated on the confluence of the Modi and Burundi Khola. You will then follow the main street going through bamboo forests and large waterfalls.

In Birethanti you will verify your permits and walk towards Tikhedhunga through the bank of the river. You will continue your journey to Tikhedhunga passing through several small villages and settlements.

Later you will ascend gently to the final destination of the day. Overnight at a tea house in Tikhedhunga.

Trek Distance:	Trek Duration	Highest Altitude:
9 km trek and 200 km	2-3 hrs and 6-7 hrs by road via drive	1488m, Tikhedhunga

Flight Hours:	Meals:	Accomodations:
25 minutes	Breakfast- Lunch- Dinner	Tea House

Day 03: Trek to Ghorepani

Many people consider today's trek from Tikhedhunga to Ghorepani to be the most challenging part of the trek.

After a pleasant breakfast, you will start the trek and very shortly you will see a vast suspension bridge. And a sign that states the time to reach Ghorepani.

Along the trail, you will see many horses and the picturesque scenery of the mountains and settlements. The intimidating part of the trek is that you have to climb more than 3500 stairs.

You will cross the village of Ulleri and you will gradually leave the corn fields. On way, you will see good views of Machhapuchhre(6996m) and Hiunchuli (6441m).

The trail is quite easy passing through Rhododendron and shadowy trees ascending gently up to the final checkpost at Ghorepani village.

Overnight at Ghorepani.

Trek Distance:	Trek Duration	Highest Altitude:
12 km	4-5 hrs	2875m, Ghorepani

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Tea House

Day 04: Trek to Upper Chistibung

Today you will carry out the trek by following a verdant slope and traverse all through the meadow land with a number of herder's hut and dzo grazing.

You will then move towards the community lodge which will give you a new trekking experience.

Overnight in a lodge in Upper Chistibung.

Trek Distance:	Trek Duration	Highest Altitude:
10 km	5-6 hrs	3000m, Chistibung

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Tea House

Day 05: Trek to Khopra Danda

Today after breakfast, you will head to reach the ridge at Khopra. You will embark on a steady climb that takes you above the treeline. The area is famous for wildlife, so you should keep your eyes open for Himalayan Thar and Danphe.

The best way to tackle the climb is by ascending slowly. Take your own time and rest often. You will then reach the lodge on Kopra ridge and will get more awe-inspiring views of the mountain vistas.

The amazing panorama includes Annapurna south towering directly above you at only 6 km away.

Across the depth of the Kali Gandaki valley, the Dhaulagiri range completely dominates the western skyline.

It takes about 3 hours to walk from Upper Chistibung to Khopra Danda. Overnight stay at a community lodge.

Trek Distance:	Trek Duration	Highest Altitude:
6 km	3 hrs	3640m, Khopra Danda

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Tea House

Day 06: Rest Day in Khopra Danda and Day Trip to Khayer Lake

At the highest point of the trek, you can either enjoy a rest or hike up to Khayer lake at 4660m. This return trip takes almost a full day. And since it is a remote area, you will have to carry water and some food.

It will take about 5 hours to reach Khayer lake which is a rarely visited sacred freshwater lake. With its altitude of 4660m, it is even higher than Annapurna Base Camp.

You can spend some time exploring the Khayer Barahi temple area. And watch varieties of birds before you walk back to Khopra danda.

Trek Duration
6hrs

Highest Altitude:
4660m, Khayer Lake

Meals:
Breakfast- Lunch- Dinner

Accomodations:
Tea House

Day 07: Trek to Tatopani

From Khopra Danda it takes half a day to reach Tatopani. As you descend back down into the valley, you will pass through several typical villages and terraced farms.

At Tatopani, you will find a built-up hot spring open to the public. Here you can take a hot bath and relax your muscles from the tiring walk.

Overnight at a lodge in Tatopani.

Trek Distance:
12 km

Trek Duration
4-5 hrs

Highest Altitude:
1250m, Tatopani

Meals:
Breakfast- Lunch- Dinner

Accomodations:
Tea House

Day 08: Drive to Pokhara

From Tatopani, you will drive to Pokhara which is 104 km in a private jeep. This journey will take you 4 hours.

Once you reach Pokhara, the remaining day you can explore and stroll nearby Phewa lake and enjoy the serenity of the place.

Trek Distance:
110 km Via Drive

Trek Duration
4 hrs

Highest Altitude:
815m, Pokhara

Meals:
Breakfast

Accomodations:
Hotel

Day 09: Fly or Drive to Kathmandu

Today after enjoying your breakfast in Pokhara, you can either take a flight to Kathmandu or take a tourist bus.

Going by flight will take a shorter duration but will cost you more. And if you take a tourist bus, you will reach Kathmandu after about 6-7 hrs.

Overnight at a hotel in Kathmandu.

With this, you come to an end of 9 days Khopra danda trek.

Trek Distance:	**Trek Duration**	**Highest Altitude:**
200 km	6-7 hrs drive	1400, Kathmandu
Flight Hours:	**Meals:**	**Accomodations:**
35 minutes	Breakfast	Hotel

Price Includes

- Airport transfers pick-up and drop-off.
- Transportation from and to Pokhara by tourist vehicle.
- Annapurna Conservation Area Permits.
- Trekkers' Information Management System (TIMS) Permit.
- All meals (breakfast, lunch, dinner) during the trek.
- Transportations, accommodation, wage, food, insurance, equipment for the guide & porter.
- Best available lodge accommodations during the trek.
- English speaking Sherpa trek guide.
- All necessary paper works and entry permits.
- Porter to carry your luggage during the trek (1 porter for 2 people)
- Himalaya Discovery duffel bag.
- Hiking pole for the trek, if needed.
- Trek map.
- Farewell dinner at typical Nepali restaurant after the trip completion in Kathmandu.

Price Excludes

- International airfares and Nepal visa.
- Any personal medical / travel insurance which included rescue.
- Monastery / Monument entrance fees.
- Tips for the guide & porter.
- Any others expenses which are not mentioned on the 'Price Includes' section.

Group Discounts Available

No. of Persons	Price per Person
1 – 1	USD 1,060
2 – 3	USD 780
4 – 5	USD 700

Add Ons for Khopra Danda Trekking 9 Days

Whether you are planning to trek to Khopra Danda or have already done this short trekking from Pokhara, but would like to incorporate more activities or tours into your trip, then we can help. These additional experiences will enable you to fully enjoy your time in Nepal and really make an effort to connect with not only its stunning scenery but its vibrant cultural heritage, too. We have designed these so that they will fit easily into your schedule and will enhance your experience of Nepal's natural beauty and cultural diversity allowing you to take away lifelong memories of your time spent in Nepal. Below are some of the add on activities you can choose from.

- Trishuli River Rafting
- Heli Sightseeing
- Kathmandu Food Tour
- Paragliding in Nepal (Pokhara)
- Ultra-Light Flight
- Kathmandu Day Tour
- Bardia Jungle Safari
- Chitwan Jungle Safari
- Bungee Jumping
- Nepal Luxury Tour
- Kathmandu City Tour
- Kathmandu Valley Private One day Tour

Personal porter- $ 20 per trekking day

Make your trek easier by hiring a personal porter for just $ 20 per trekking day. A porter takes care of your heavy gear, up to 25 kg, and can be shared between two trekkers. Let yourself free from the heavy burden and enjoy your trek along the scenic beauty of the Khopra Danda trail and the marvelous Himalayan panorama.

Sleeping Bag Rental

Rent our 4 season sleeping bags for just $30 and stay warm during chilly nights in the Himalayan mountains. These high-quality sleeping bags can withstand all the extreme conditions to have a cosy night – sleep in your trek. Also, note that if you lose or damage the sleeping bag, you will be charged a replacement fee of $165. Renting a sleeping bag is a great option if you are traveling light on a trek.

Useful Information for Khopra Danda

The Khopra Danda Trek is a fantastic journey, and we have brought together some key details to help you prepare for it. From trekking grades and tea house options to what gear you'll need and the best to go. We've also included safety tips and advice from our experts on what makes this adventure special. Please read our detailed trip notes, which provide information on everything you'll need to know about this adventure.

Best Time For Khopra Danda Trek 9 Days Trekking

The best seasons for the Khopra Danda trek or any other trek in Nepal are spring (March to May) and autumn (September to November). During these months, the Annapurna trekking trails become adorned with blooming flowers under the clear blue sky. The temperatures are mild, making it easy for you to walk. In addition to that, you will have great views of mountains as well.

Autumn is slightly breezy but offers continuous sunny days and a chance to witness sparkling stars at night, which makes your trekking experience amazing.

While the trek is possible throughout the year, summer (June – August) and winter (December – February) are not recommended. The summer months are wet and slippery. In winter months, it is possible to go as well. Though it will be very cold, the views of Annapurna South and III, Hiunchuli, Machhapuchhre and Dhaulagiri ranges are very beautiful.

Every season has its charm, but moderate temperatures with moderate precipitation make spring (March) and autumn (September- November) best for visiting the Khopra Ridge route.

Khopra Danda Trek 9 Days Trekking Dificulty

The Khopra Danda trek is a moderately difficult trek of the Annapurna region, less difficult than the arduous Annapurna Circuit or ABC trek. Trekking above 2,500 meters (8,200 ft) has the danger of altitude sickness, so acclimatization is necessary.

Also, while trekking in the mountains, you can have common injuries like your leg slipping, causing strain or scratches, and knee/back pain due to uneven surfaces. Stomach-related issues – diarrhea if the body is not acclimatized with local food/water. Insomnia, loss of appetite, insect bites or simply allergies. It's always good to come prepared, and the risks are minimized if we take care of a few things like eating simple, easy-to-digest food and not overeating, especially meat at high altitudes. Before the trek, consult with a doctor if you've any specific illness/allergies – let us know, and we will be there for you.

Accommodations on the Khopra Danda Trek

On the Khopra Danda Trek, you'll find a mix of traditional teahouses and community-run lodges, which offer trekkers a one-of-a-kind cultural experience.

Tea houses are simple, family-run guest houses with shared or more private rooms but shared toilet facilities. There is usually a communal dining area around the fire where you can eat and hang out with guests from all over the world.

Along with teahouses, we will be staying in lodges that have been built by locals and are run by members of the community. The lodges are newly built and modern styled being bigger than traditional teahouses and still having shared toilet facilities. It has been mentioned in reviews that trekkers have had issues

with booking rooms in advance at the Community Lodge for the Khopra Ridge trek, as they were overbooked on arrival. To help combat this issue, it is best to book the trip early.

Meals on the Khopra Danda Trek

During Khopra Danda Trek, meals are mostly provided at the teahouses or lodges along the trail. For breakfast, you can expect to have eggs (boiled, fried or omelet), bread, porridge, and a hot drink like tea or coffee. Lunch and dinner will be a typical Nepali meal–rice served with lentil soup (dal), pickles (achar), and curry. As well as a variety of other vegetarian and non-vegetarian dishes such as noodles, pasta, and soups are available. The teahouses serve refills of dal bhat, so you can eat as much as you want, which is certainly going to be needed for your trek ahead.

Vegetarian meals are readily available, and we recommend that everyone eats vegetarian on the trek for health reasons. Meat is also offered on the menus, but it's best to be careful, especially in regards to meat at higher elevations due to concerns over food safety/storage, etc. Each meal will also include a hot drink choice, including tea or coffee, which is included in your meal package cost). Additional beverages such as coke/ bottled water/beer can be purchased at your own expense.

The price of meals increases proportionably to altitude largely because it's expensive to ferry these supplies by porters/yaks up from lower villages/train heads, so expect higher prices for these items at higher altitudes compared to lower down.

Khopra Danda Trek 9 Days Trekking Trip Grade: Fitness Level, Medical, and Health

Fitness Level

Fitness to Trek Khopra Ridge viewpoint trek demands you to be in perfect health. The walk throughout is long, tiring and exhausting. If your body is in a frail condition, you might find it more torturous than enjoyment. So physical exercise preparation is highly suggestible. Regular exercise of running, jogging and other similar exercises should be continued at least a week before the start of the journey.

Medical Considerations

Knowing your body's limits is important to have a safe trek. If you are suffering from conditions like diabetes, asthma or any kind of pregnancy, you should consult your doctor before planning for this trek. It is a multi-day trek on rugged terrains, and it involves physical excretion, so it is better to get yourself tested; if you are not capable of such exertions, then do not go for this.

Health

Health is your first and primary aspect. Make sure that you are doing Khopra Trek in good health. Nutrition gives you energy, we will provide fresh and healthy foods in the trek for you. Recovery and performance are all about rest and sleep.

Special Training for Khopra Trek

Khopra Trek is moderately difficult, and no special training is required. However, a reasonable level of physical fitness is important. Doing core exercises and stamina-building exercises such as running, swimming, burpees, cycling and short hikes will give you an added advantage in this trek.

Travel Insurance

Travel Insurance is not compulsory for trekking to Khopra Ridge, but it is highly recommended. Specially, emergency evacuation via helicopter and medical assistance are very expensive in the mountains because of altitude and rough topography, so you need to be assured that you will protect yourself in case of a costly accident or illness abroad. Obtaining insurance will also cover you against theft, loss and cancellations.

Permits Requirements for Khopra Ridge Trekking

The permits you'll need to do the Khopra Danda trek are the Annapurna Conservation Area Permit (ACAP) and the Tim's Card or Trekkers' Information Management System. These permits help with keeping the region clean and beautiful as well as making sure everyone stays safe while they're trekking.

Permit Costs

- **ACAP:** NPR 3,000 per person for foreign nationals and NPR 1,000 for SAARC nationals.
- **TIMS:** NPR 2,000 per person for all trekkers.

Permits are checked en route at Nayapul, Ghandruk and Tadapani. The permit fees go towards the conservation of the trail, wildlife and development of local communities.

FAQS For Khopra Danda Trekking

We know you surely have many questions and queries as you ace up your preparation for the Khopra Danda Trek. To help you out with it, we have tried to put down some of the questions asked by our clients on a regular basis, which includes almost everything related to the Khopra Danda Trekking. We have also provided short answers to them. However, if you still have any queries or need further information, then please do contact or email us anytime. We are always here for your support in planning your adventure trip.

Khopra Danda Trekking

How high does the trek go?

Khopra Ridge itself is the highest point on the Khopra Danda trek, and that point stands tall at an elevation of 3,660 meters (12,000 feet). Another Highest point is Khayer Lake at 4660m. From these places, trekkers have some stunning panoramic views.

Can a beginner do Khopra Danda Trek?

Sure, a moderate level of fitness is okay, and you’re in good health. But if you have some trekking or hiking before, it will definitely be helpful.

Do I require the Khopra Danda Trek guide?

It would be a better idea to hire for your own safety. With the help of a local guide you will also come to know more about the locals.

Is it safe to go trekking in the Khopra Danda region?

Yes, it is completely safe to trek in the Khopra Danda region. However, like any place you visit, use your common sense and take necessary precautions.

Can I charge my electric gadgets on the trek?

All tea houses take some money to charge your devices. Also, keep a power bank with you as sometimes electricity can not be trusted.

Address

Nagarjun 5, Swayambhu
Kathmandu, Nepal