

KOPRA RIDGE TREK



With the Annapurna region developing roads in certain areas, the laws of nature seem to be giving way to unnecessary modern needs for the development of commerce and trade in a region known for bio-diversified beauty, and with this changing by the weeks, backpackers who love trekking in Nepal are now seeking untouched and virgin routes in this magnificent area; and the ‘**Khopra danda** Excursion – **Khopra Ridge Trek**’ is just the solution for a thrilling holiday that runs straight off-track onto a rough route called the ‘Yak trail’’, creating a sublime avenue for those who seek a tryst with the gods of nature...

This is a trip that sanctifies Mother Nature in an exceptional way, the fantastic trek steers itself into unknown territory and is said to be an exclusive outing for those looking for something lesser known. Trekkers on this route tend to meet less people [fellow trekkers] and it’s only you, the mountains, and those merry birds to keep us company all the way. We get what we want on this trail, sublime vistas of the Annapurna and Dhaulagiri ranges and the warm village folks we meet up on the way. And during spring time the trail is blessed with lovely flowers and the rhododendron trees stir our romantic emotions as we get our cameras ready for some great picture options to put up in our ballrooms when we get back home...

This particular area is a base for two big-time festivals in Khayer Lake held annually each year. The local folks group together on the higher elevations of the ridge once in March and April with a break to continue in July and August. Whenever the festival is celebrated the villagers take blood from a yak and drink it while it is still warm! The superstition goes that this will heal any disease. This time around the village people tend to believe that whatever they pray for will be granted: this includes good wives and the women folks hope for bearing children. The outstanding landscapes hereabouts display before us scenery ranging from the rich finery of the Pokhara Valley and its excellent views of Annapurna massif including the towering peaks of Machhapuchare [Fish Tail mountain] as we hike into marvelous rhododendron, hemlock and fir forest through the high alpine ridges of Khopra; Another wonderful addition is the sacred Khayer Lake, which requires a little stroll away from the Khopra Ridge. The ‘**Khopra Danda** Excursion – **Khopra Ridge Trek**’ is just what we need to get away from those contemporary stressful situations we all experience sometime in life...

 **Moderate**

Activity Levels: This involves longer treks (5 to 10 days) on maintained trails. The best way to prepare for a trek in Nepal is to make sure you're fit.

Duration: 14 days

AT A GLANCE

- Khopra danda Trek is Moderate Trek with less crowded trek in Annapurna regions
- Khopra trek trails that begins at the base of the Annapurna where nature displays before us its true beauty...
- 4620m...we summit somewhere near the Khayer Base Camp by the lovely lake...

Cost Includes

- Healthy meals during whole trek
- Community lodge & Private Lodge on trek
- Flight Kathmandu-Pokhara-Kathmandu
- All airport transfers by Private vehicle
- Expert Local Sherpa guide [Certified by Gov.]
- Necessary Porters [1Porter for 2 Person basis]
- Good quality hotel accommodation in City
- MST kit bag, Map, t-shirt and Group medical kit
- Private vehicle for ground transportation
- All park entrance fees and trekking permits
- Guides and porters pay, meals and insurance



- Guided City Tour of Kathmandu & Pokhara

Cost Excludes

- International Airfare and Nepal Visa fee
- Travel & Health Insurance
- Emergency Helicopter Rescue Insurance
- Lunch & Dinner in Kathmandu & Pokhara
- Any Alcoholic Drinks, Water and deserts in Trek
- Tips for Guide & Porter
- Hot Shower, Battery Charges
- Unforeseen Cost such as Flight Delayed/Sick

ITINERARY

Day 01: : Arrival in Kathmandu and transfer to hotel

If it's a clear day when you are flying into Kathmandu, then your tour begins right from the skies itself. The sights from the windows of our jet shows us glimmering snow-capped mountain peaks spread out down below us, giving us the first thrills of our just begun vacation, sparking off a whole reaction of unforgettable experiences that stay with us for some time to come. As soon as your plane hits the tarmac of Tribhuvan International Airport, Mountain Sherpa Trekking office representative and driver will be on standby to meet and greet you at the airport and escort you to your hotel. The rep will help you check into your designated hotel, and after going to our rooms and refreshing ourselves we will be briefed about our daily activities. The rest of your time is free to move around the neighborhood and get familiar with your surroundings. In the evening we will meet our senior trek guide who will brief the group about details related to our trek. Your first overnight in the ancient city of temples, probably the most in the world. Breakfast

Day 02:: Full Day sightseeing of Kathmandu City & fly to Pokhara- Overnight at nice Hotel

After a good night's sleep and enjoying a hearty b/fast, we proceed for our tour of Basantapur Durbar Square. Recorded by UNESCO as a cultural World Heritage site, Kathmandu Durbar Square is a bunch of medieval temples, palaces, courtyards and streets that date back to the 12th and 18th centuries. within this square we will find Hanumandhoka Palace Museum, Taleju Temple, Kumari Ghar (House of the Living Goddess), Kasthamandap and other temples and buildings as old as the city itself; from here we head for a tour of the famous Boudhanath Stupa {said to be the largest in the world} and a major centre of Tibetan culture in Kathmandu. The stupa is designed to be like a giant mandala (a representation of the Buddhist cosmos). We next drive down to Swayambhunath {popularly known as Monkey Temple} "Swayambhu" means "self-created" and refers to the myth that the hill sprung up suddenly from a great lake that once covered Kathmandu Valley. Our next destination is Pashupatinath Temple. This temple is dedicated to Hindu deity Lord Shiva and is said to be the most holy Hindu shrine in Nepal. Hereabouts we see a cremation ritual of Hindus at 'Aryaghat', the cremation area of the temple. This cremation site is used for the once royal family of Nepal and also for the simple Nepalese people who live within the country We then wrap up our Heritage tour with a trip to Patan which is one of the three medieval cities in Kathmandu and a destination for connoisseurs of great arts. We take a tour of the Patan Durbar Square - a UNESCO World Heritage Site. Located in the square is the Patan Museum (originally a Malla palace), Krishna Mandir- a stone temple of Lord Krishna with its 21 spires and art that displays scenes from the Mahabharata and Ramayana epics, this includes the Royal Bath or 'Tushahity' and the nearby Hindu and Buddhist temples. We return back to our hotel, refresh, and head down to the airport for our short flight to the city of lakes - Pokhara. Breakfast

Day 03:: Drive & Trek to Ghandruk (1940 M/6365ft)-Approx. 5/6 hrs-Overnight stay at Private Lodge

We begin our trekking holiday from Pokhara to Nayapul (1050m), which is an hour drive, from Nayapul. our trek begins as the trail ascends slightly through forests to Ghandruk, a bustling village of the ethnic Gurung community who has their own dialect, culture, dress and traditions. Ghandruk is also home to many Gurkha soldiers. It is a well known destination for



trekkers as it is known for its beautiful mountain views and also because it's just a stone's throw from Pokhara and Kathmandu. The afternoon is ours to visit the Annapurna Conservation Office, museums and explore the interesting village. Overnight stay at Private Lodge – B. L. D

Day 04:: Trek to Tadapani (2590m/8497ft) - Approx. 3/4 hrs- Overnight stay at Private Lodge.

We first descend further along the trail showcasing rich rhododendron forests, splendidly cascading sparkling mountain streams and other magical vistas of nature that surprise us. After continuously climbing for 3 hours, we step on the territory of Tadapani at an altitude of 2590m. Tadapani offers the most awesome mountain views of the overpowering peaks of Annapurna South. We then crash out for the night at our lodge – B. L. D

Day 05:: Tadapani to Dobato (3,425m/11,237 ft)- Approx. 4/5 hrs-Overnight stay at Private Lodge.

Our walk is on the gradual path for sometime through lush rain forest, after several hours of healthy hiking we come to a small clearing; we might stop here for lunch depending on the time. After a stop here, our walk continues to a slow climb for an hour through the rhododendron and pine wood, coming to an open large pasture with a strong wooden Shepard's shade, from here our route diverts east with a short climb to a ridge through the short rhododendron bushes, from the ridge few minutes of descend brings us to a small path above the cliff side, this almost level path for 5-10 minutes could be risky walking in snow and hail-storm, which may occur sometimes, however this small section has to be undertaken cautiously. After reaching the other side of the ridge near the boulders, our hike goes on a downhill slope overlooking terrific views of the surrounding landscapes, Annapurna range including the most amazing peak of Machhapuchare and Dhaulagiri range to the west. From here a gradual climb of less than two hours brings us to our overnight camp at Dobato, which is a cowherd spot full of scattered temporary built huts in the middle of rhododendron and magnolia forest with excellent close-up views of Annapurna mountains and as far as to Manaslu range to the east. We stay overnight at private Lodge – B. L. D

Day 06:: Trek to Bayeli (3,400m/11,155ft) - 4/5 hrs- Overnight stay at community lodge

From dobato in the morning we steep up to great view point Mulde (Muldai 3600m). from mulde you can see altogether 25 mountains such as Annapurna range, Dhaulagiri range, Nilgiri, Lamjung Himal range etc. after spent few time, we trek back for tea break & proceed to trek bayali 3400m. we overnight stay at bayali community Lodge- B,L,D

Day 07:: Trek to upper Chhistibung (3000m/9843ft) - 4/5 hrs- Overnight stay at community lodge

After breakfast, we descend through clear ground and fine-looking forest to reach the pastures of Chistibung. After this, we ascend gradually through a forest before reaching Upper Chistibung which is a temporary herder's settlement. If you are able to identify it, you might be fortunate to catch sight of the colorful Lophophorus (Danphe), the national bird of Nepal, as well as Himalayan Thar on the grassy ridge high above the trail. Overnight in Chistibung in our tented camps – B. L. D

Day 08:: Trek to Khopra Danda (4,020m/13,189ft)-3/4 hrs-O/N stay at community lodge

After a warm hearty breakfast, we set out on a steady climb above the tree line through alpine meadows and pastures to reach Khopra. On nearing the Khopra Ridge, we see the tip of Annapurna South. Upon reaching Khopra we go for a brief hike down Khopra Ridge to a viewpoint overlooking Kali Gandaki river far below in this deep valley. From Khopra we also approve of the stunning mountain panorama including Mt. Dhaulagiri, Nilgiri and Annapurna South. We Overnight at nice Stone House of Community Lodge- B. L. D

Day 09:: Extra day in Khopra Ridge: hike to see nice stone plate & back to khopra. O/N stay at Lodge.

Today we embark on a journey to nice stone plate areas from where we attain excellent views of the Fang and surrounding mountains.

For those who want to walk further from the nice stone plate areas or visit sacred lake from Khopra can also be arranged.



Overnight in Khopra Ridge. (B,L,D).

Day 10:: Trek to Saudwa village (2,200m/7,218ft). Approx. 4/5 hrs. Overnight stay at Private Lodge.

From Khopra Ridge we descend off the hillock and hike coolly downhill on a steep trail. Along the route we get more views of Mount Dhaulagiri with the towering peak providing a glorious backdrop to the terraced lush green fields and traditional houses in the villages scattered close by. Overnight in pauda village in private Lodge – B. L. D

Day 11:: Trek down to Tatopani (1100 M/3608ft) 3/4 hrs- relax in the rejuvenating hot springs

We trek about 3-4 hrs today. once we reach tatopnai, we visit hot spring. Going down to Hot Spring takes about 15 minutes and coming back to the hotel would take 20 to 30 minutes, maximum. The trail condition is well maintained and clear in the peaceful forest with beautiful sounds of birds and river! The hot spring is located at the shore of Modi River and, while bathing, a very good atmosphere may be enjoyed, as you are sit in the hot pool whilst refreshing with the cool air coming from the river! There are two big pools and a fountain to take showers in. The entry fee to the hot spring is NPR, 50/- per person.

Day 12:: Drive to Pokhara, half day sightseeing in Pokhara - Overnight stay at nice Hotel

After having delicious breakfast, we drive from Tatopani to Pokhara via Beni. It takes about 5-6hrs by private vehicles. Once we arrive at Pokhara. We check into our hotel, refresh, have some tea and snacks and head out for a guided tour of Barahi temple, David's fall and some lovely boating on the Fewa Lake. We then get back to our hotel and simply chill out.

In the Evening, You can invite a welfare dinner to your supporting team (guide and porter) and give TIPS directly. Overnight stay at Hotel (B, L)

Day 13:: Fly to Kathmandu (25 minute flight) & transfer to Hotel by Private Car.

After breakfast, we get into our vehicle for short drive to Airport & fly back to Kathmandu. Make sure your video cams are loaded for some great pictures from the windows of your plane of the fantastic landscapes & Himalayas. Upon arrival in Kathmandu, you will be transferred to your hotel. There is nothing much else to do except to shoot off some emails to your loved ones and companions you met on the course of your holiday, and yes, you'd want to organize those lovely photos. You can spend the evening laid-back at your pace, perhaps catch up on some last minute shopping and celebrate a complimentary dinner together in the evening with the **Mountain Sherpa trekking** staff. Overnight at your hotel in Kathmandu – Breakfast

Day 14:: Drive to the Airport to head back to that lovely place we call 'home'

After b/fast, our rep and office vehicle will be on standby at our hotel to transfer us to the airport for our connecting flight home. Serving you was a wonderful joy and pleasure, we at Mountain Sherpa Trekking will cherish the bonds of our relationship created over the time you spent with us and we thank you for choosing us as your travel partner and for visiting this amazing country Nepal. We are sure that trekking in this beautiful region of the Annapurnas and Khopra ridge will give you lifetime memories of a vacation well enjoyed. Adios friends! Till we meet again. Breakfast

Please Note: although we try to follow the itinerary given above, at times local trail or weather conditions may necessitate slight changes if necessary. The trekking itinerary may also vary slightly depending on our trekkers' acclimatization rates. This adventure goes into wild territory above the timberline, so we seek to request maximum flexibility if and when required for the safety of your trip and your life.



VITAL INFORMATION

Visa:

The most convenient (and less expensive) is to have a visa on arrival at Kathmandu airport. To do this, please bring a photo Passport size and Cash small bills.

- 25 US dollars (or euro equivalent) for a 15-day visa (multiple entries)
- 40 US dollars (or euro equivalent) for a 30-day visa (multiple entries)
- 100 US dollars (or euro equivalent) for a visa from 31 to 90 days (multiple entries).

The visa is free for children under 10 years. For stays of less than 3 days, free visas no longer exist (take a visa "15 days"). When you take your visa on arrival, check that the "sticker" is properly affixed: without it, your visa is not valid

Travel Insurance:

It is a condition of joining any of our holidays that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you take out delayed departure and cancellation insurance, as all deposits paid are non-refundable.

A relaxed trip is not possible without good travel insurance. In the event of any sickness or injury, the cost of emergency treatment and evacuation is shocking. Therefore, travel insurance is strongly recommended for everyone who signs up with Mountain Sherpa Trekking & Expeditions.

We strongly recommend that you be careful while choosing a policy as some makes special exceptions for adventure travel. Before buying your insurance, please ensure that your insurer is aware of your MSTE itinerary and can agree to cover the activities being undertaken in the trip to Nepal, Tibet, Bhutan & India. Such as if you are planning trekking or climbing/expedition in Himalayas your insurance must cover emergency air ambulance/helicopter rescue including medical expenses. For a group tours in urban areas, your insurance coverage of ambulance or helicopter rescue is not mandatory, however better to have with them too. Again, in Tibet, Bhutan & India trips there is no possibility of helicopter rescue, so no need to buy the air ambulance coverage. You need send us your copy of your insurance policy (e.g. your insurance certificate) or carry it with you while you come on the trip.