Khopra Ridge Trek

3 Star Hotel Package

1550USD per person

*Including healthy meals

5 Star Hotel Package

1750USD per person

*Including healthy meals

Trip Style: Cultural Tour + Trek

Trip Difficulty: Moderate

Khopra Trek – A Hidden Gem in the Annapurna Region and a Peaceful Himalayan Escape

The **Khopra Danda (Khopra Ridge) Trek** is a hidden gem in the Annapurna region, ideal for those seeking a peaceful, off-the-beaten-path adventure. Unlike the busier trails, this route winds through quiet yak herder paths, dense forests, and picturesque villages, offering a more serene trekking experience. The journey rewards you with panoramic views of the Annapurna and Dhaulagiri ranges, along with stunning sights of Machhapuchhre (Fishtail) peak. This trail remains relatively untouched, allowing you to fully immerse yourself in the natural beauty and solitude of the Himalayas. Along the way, you'll be welcomed by the warm-hearted Gurung and Magar communities, known for their rich traditions and hospitality. In spring, the forests come alive with blooming rhododendrons, adding a vibrant splash of color to your trek. The Khopra Danda Trek is perfect for nature lovers and cultural explorers looking to escape the crowds and experience Nepal in its most authentic form.

Khopra Ridge Trek – Highlights at a Glance

- Breathtaking views of Dhaulagiri, Annapurna I–IV, Machhapuchhre & more
- Peaceful, off-the-beaten-path trails through rhododendron forests
- Authentic cultural encounters with Gurung and Magar communities
- Chance to spot Himalayan wildlife like yaks and pheasants
- Sunrise hike to iconic Poon Hill viewpoint
- Serene yak herder paths far from the crowds
- Ideal for nature lovers seeking solitude and soul-stirring scenery

Our Khopra Trek Itinerary– 7 Key Highlights

- Luxury Stay & Scenic Flight – Stay in luxury hotels in Kathmandu, explore UNESCO sites, and fly to Pokhara.
- Ghandruk Village – Trek to a traditional Gurung village with stunning Annapurna views.
- Peaceful Forest Trails – Hike through rhododendron forests, with stops at Tadapani and Dobato.
- Sunrise at Muldai Viewpoint – Witness a breathtaking Himalayan sunrise from a hidden gem.
- Khopra Danda Views – Enjoy panoramic vistas of Dhaulagiri, Annapurna, and Kali Gandaki Gorge.
- Cultural & Cheese Tasting – Experience Swanta village life and taste local cheese.
- Poon Hill Sunrise & Pokhara – Catch a sunrise at Poon Hill, then enjoy Pokhara’s beauty before returning to Kathmandu. Our trek **itinerary is carefully designed with safety first,** always. Your safety, proper acclimatization, and overall well-being are our core focus, with no rush.

What Makes Mountain Sherpa Trekking's Khopra Trek Truly Special?

1. **No Hidden Costs – Full Transparency:** We believe in honesty. Our all-in-one package covers everything—luxury stays in Kathmandu and Pokhara, the best lodges, meals, safe drinking water, and even hot showers during your trek. You won't find any surprises—just adventure, without the extra worries.
2. **Rest in Comfort:** Enjoy the peace of mind with 4-5 star hotels in the cities and cozy lodges along the trek. At key spots like Ghandruk and Ghorepani, we offer private rooms with attached bathrooms, so you can unwind after each day's journey.
3. **Fly Above the Clouds:** Say goodbye to bumpy bus rides. Our package includes flights between Kathmandu and Pokhara, giving you stunning aerial views of the Himalayas as you soar above the world's most majestic peaks.
4. **Private, Smooth Transfers:** From start to finish, we ensure your comfort with private car transfers for airport pickups and drop-offs. You'll be treated like family, every step of the way.
5. **Personalized Jeep Transfers:** We know the road can be rugged, so we make it smooth with private jeep transfers to and from the trek's beginning and end. No crowded buses, just peaceful, exclusive rides tailored for you.
6. **Dining on Your Terms:** No limits, no restrictions. Choose your meals from the lodge's menu, so you get what your body craves after a day of exploration. Whether it's a hearty meal or a light snack, it's all in your hands.
7. **Guides with Heart & Soul:** With over 27 years of experience, our family-run Sherpa company offers guides who are not only skilled and knowledgeable but also passionate about sharing their love for the mountains. They'll ensure you not only see the beauty of the Himalayas but also feel it, deep in your soul.

DURATION: 12 days

ITINERARY

Day 01: : Arrival in Kathmandu and transfer to hotel by private Car

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 show 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 Tribhuwan International Airport, a **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 - Overnight at nice Hotel

After a restful night and a hearty breakfast at your **luxury hotel,** your immersive guided city tour kicks off with a visit to **Swayambhunath, famously known as the Monkey Temple.** Perched on a hilltop, this ancient Buddhist stupa offers panoramic views of the Kathmandu Valley and a serene spiritual atmosphere.

Next, we head to **Kathmandu Durbar Square**, a UNESCO World Heritage Site steeped in history. As you walk through the former royal palace grounds, you'll explore iconic landmarks such as the Hanuman Dhoka Palace Museum, the elegant Taleju Temple, and the Kumari Ghar, home to Nepal's Living Goddess.

From there, we make our way to the majestic **Boudhanath Stupa**—one of the largest and most significant Buddhist monuments in the world, and a sacred place for Tibetan Buddhists and Sherpas. You'll take a relaxing lunch break at one of the area's best rooftop restaurants, where you'll enjoy panoramic views of the stupa and even

catch a glimpse of the Himalayas to the north.

After lunch, the journey continues to **Pashupatinath Temple**, Nepal's holiest Hindu shrine, dedicated to Lord Shiva. Here, you'll witness centuries-old rituals and cremation ceremonies taking place along the sacred Bagmati River—an experience that's both humbling and unforgettable.

As the tour wraps up, we head back to **Thamel,** Kathmandu's vibrant tourist hub. This is the perfect time to pick up any last-minute trekking gear or souvenirs, and get prepped for the days ahead.

In the evening, enjoy a **traditional Nepali Welcome Dinner** at one of the city's top cultural restaurants—complete with live music and folk dance performances. Afterward, return to your luxurious 4- or 5-star hotel to unwind, recover from jet lag, and get ready for your upcoming mountain adventure.

Day 03:: Fly to Pokhara & drive to Kimche the hike to Ghandruk (1940 M/6,365ft)

- **Max Altitude:** 1,9400 meters / 6,365 feet
- **Trekking Duration:** 2 to 3 hours

After breakfast, we will pick you up from the hotel and drop you off at the domestic airport for a short but very picturesque flight to Pokhara. We can catch amazing views of the Himalayas from the right side of our airplane. Pokhara is a beautiful lake city and we are rewarded with magnificent views of the Himalayas including Dhaulagiri, Manaslu, Machhapuchhare, the five peaks of Annapurna, and others.

We meet our **Sherpa crew** at Pokhara Airport then you will transfer to Kimche by Private Jeep. Which is about 2:30 hours drive from Pokhara, from where we'll begin the first steps of our trek.

Our trek begins as the trail ascends slightly through forests to Ghandruk, a bustling village of the ethnic Gurung community that has its 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 (2,590m/8,497ft) - About 3 to 4 hours. Overnight stay at a lodge.

- **Max Altitude:** 2,590 meters / 8,497 feet
- **Trekking Duration:** 3 to 4 hours

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:: Trek to Dobato (3,425m/11,237 ft)- About 4/5 hrs-Overnight stay at Private Lodge.

- **Max Altitude:** 3,425 meters / 11,237 feet
- **Trekking Duration:** 4 to 5 hours

After having our breakfast at Tadapani, we start our day by walking on the gradual path through the lush rainforest. After hiking for 2-3 hours, we will stop for lunch at a place called Isaru. We'll spend about 1 hour here enjoying a delicious meal, and our Sherpa guide will provide you with the best available lunch.

After this stop, our walk continues with a slow climb for an hour through the rhododendron and pinewood forest. We will reach an open, large pasture with a sturdy wooden shepherd's shelter. From here, our route diverts east with a short climb to a ridge through short rhododendron bushes. A few minutes of descending from the ridge brings us to a small path above the cliffside. This almost level path for 5-10 minutes could be risky when walking

in snow and hailstorms, which may occur sometimes. However, this small section must be undertaken cautiously.

After reaching the other side of the ridge near the boulders, our hike takes us on a downhill slope overlooking terrific views of the surrounding landscapes, including the Annapurna range, the amazing peak of Machhapuchare, and the Dhaulagiri range to the west. From here, a gradual climb of fewer than two hours brings us to our overnight camp at Dobato. Dobato is a cowherd spot with scattered temporary huts in the middle of the rhododendron and magnolia forest, offering excellent close-up views of the Annapurna mountains and even as far as the Manaslu range to the east. We will stay overnight at a private lodge. (B.L.D.)

Day 06:: Trek from Dobato to Chistibung (3,100m / 10,170ft) 4-5 hrs – Overnight at Lodge (B/L/D)

- **Max Altitude:** 3,637m (at Muldai Viewpoint) / Overnight at 3,100 meters/10,170ft)
- **Walking Duration:** 4–5 hours

We begin our day early with a short hike to Muldai Viewpoint (3,637m / 11,932ft), just above Dobato—one of the best-kept secrets of the Annapurna region. From here, you'll witness an unforgettable sunrise over a breathtaking panorama of Himalayan giants, including Dhaulagiri, Annapurna I, Annapurna South, Hiunchuli, Machapuchare (Fishtail), Manaslu, and Lamjung Himal. This quiet viewpoint offers one of the widest and most dramatic mountain vistas in Nepal.

After soaking in the sunrise views, we return to the lodge for breakfast before continuing our trek. The trail descends through lush forests and peaceful alpine terrain, eventually reaching Chistibung (3,100m / 10,170ft)—a peaceful grazing area surrounded by rhododendron and pine forests.

You may spot wildlife along the way, such as the colorful Danphe (Himalayan Monal), Nepal's national bird, or even the elusive Himalayan Tahr. Upon arrival, we check in at a cozy community lodge for a warm meal and restful night.

Day 07:: Trek to Khopra Danda (3,660 meters / 12,007 ft): 2-3 hrs – Overnight at Lodge (B/L/D)

- **Max Altitude:** 3,660 meters / 12,007 feet
- **Trekking Duration:** 2 to 3 hours

After breakfast at the community lodge in Chistibung, we begin a steady uphill trek through alpine meadows and dense rhododendron forests toward **Khopra Danda (also known as Khopra Ridge)**. The trail gains elevation quickly, and though the distance isn't long, the climb can feel challenging due to the altitude. Expect the hike to take around 2 to 3 hours, with plenty of opportunities to pause and take in the scenery.

As you ascend above the treeline, the views begin to open up dramatically. Once you reach **Khopra Danda at 4,020 meters (13,189 feet)**, you'll be greeted with one of the most spectacular panoramic views in the entire Annapurna region. Towering peaks like **Dhaulagiri (8,167m), Nilgiri, Annapurna I, Annapurna South, Tukuche Peak, and Bharha Shikhar** dominate the skyline. You'll also get a dramatic view down into the Kali Gandaki Gorge, the deepest gorge in the world.

Tonight, you'll stay in a rustic but welcoming community-managed lodge, designed to support local development and sustainability.

Day 08:: Trek from Khopra Danda to Swanta (2200 meter/7218 feet) – 5-6 hrs trek

- **Trek Duration:** 5–6 hours
- **Max Altitude:** (2200 meter/7218 feet)

After a warm breakfast at Khopra Ridge, paired with sweeping views of the **Annapurna and Dhaulagiri ranges**, we begin our scenic descent toward the traditional village of Swanta. The trail winds gently downhill through alpine meadows and rhododendron forests, offering uninterrupted views of the majestic Mount Dhaulagiri along

the way. Its towering, snow-covered peak follows us as a dramatic backdrop for much of the journey.

The trek today takes about **5 to 6 hours** at a relaxed pace, allowing plenty of time to enjoy the changing landscape—lush green hills, terraced farmlands, and charming hillside homes. It's a peaceful, rewarding hike filled with natural beauty and cultural insight.

We arrive in the quaint village of Swanta, surrounded by rice paddies and known for its welcoming locals and unique community-run cheese factory. Here, you'll have the chance to visit the factory and sample some of their fresh, homemade cheese—a true local treat.

Note: If you're interested in a side trip to **Khayar Lake,** known for its sacred significance and stunning glacial beauty, you'll need to plan for an extra night at Khopra Ridge. The round trip to the lake takes approximately 10 hours, and is best tackled with an early start and solid stamina.

Day 09:: Trek from Swanta to Ghorepani (2,880m / 9,350ft) – Approx. 5-6 Hours

- **Trek Duration:** 5–6 hours
- **Max Altitude:** (2,880 meter/9,350 feet)

After a hearty breakfast in the peaceful village of Swanta, we set off on a scenic trek toward the famous mountain hub of Ghorepani. The day begins with a gentle descent through terraced fields and traditional homes, giving you a final glimpse of village life before entering the forest trail.

We'll cross a charming river via a classic suspension bridge and begin the climb toward Chittre, a picturesque village where we reconnect with the main Annapurna trekking route. From here, it's a steady uphill hike through dense rhododendron forests that are especially colorful in spring. Along the way, expect glimpses of snow-capped peaks and occasional encounters with local wildlife.

As we ascend, the crisp mountain air and lush surroundings keep the trail engaging until we reach Ghorepani, nestled in the heart of the Annapurna region. This vibrant village is known for its welcoming atmosphere, cozy tea houses, and as the launch point for the famous Poon Hill sunrise trek.

You'll settle in for the night at Hotel Snow Land, where you'll enjoy the comfort of a private room with an attached bathroom—a little luxury in the Himalayas.

Day 10:: Early Morning Hike to Poon Hill, Trek to Nagethanti & Drive to Pokhara

Rise and shine! Early this morning, your Sherpa guide will take you on a short hike up to **Poon Hill**—one of the most famous viewpoints in the Annapurna region. The hike takes about **45 minutes to 1 hour**. Once at the top, you'll be rewarded with a breathtaking panoramic sunrise view over the Himalayas, including Annapurna and Dhaulagiri ranges. You'll have about 40 minutes to an hour to soak in the views and take photos before heading back to your lodge.

After a delicious breakfast, we begin a gentle downhill trek to Nagethanti, which takes around **2 to 3 hours**. We'll stop here for a well-earned lunch break.

Following lunch, your private 4WD jeep will be waiting to pick you up. From Nagethanti, it's a scenic **2 to 3-hour drive back to Pokhara.** Upon arrival, you'll check into your luxury hotel, where you can unwind, enjoy a hot shower, and relax.

In the evening, explore Pokhara's vibrant Lakeside area. With plenty of great restaurants, you can treat yourself to a delicious dinner—whether you're in the mood for local Nepali flavors or international cuisine.

Day 11:: City Tour & Fly to Kathmandu (25 minute flight) & transfer to Hotel by Private Car.

After a hearty breakfast at our luxury hotel in Pokhara, your adventure continues with a captivating city tour. You'll explore the mesmerizing **Devi's Fall**, the fascinating International **Mountain Museum** and venture into some of Pokhara's mysterious nearby caves. Each stop offers a glimpse into the region's rich history, culture, and natural beauty.

Following the tour, you'll be transferred to Pokhara airport for your scenic flight back to Kathmandu. It's a short 25-minute journey, **but don't blink—the panoramic views of the Himalayas from your window are absolutely breathtaking!**

Upon arrival in Kathmandu, you'll be comfortably transferred to your luxury hotel, where you can relax, refresh, and soak in the memories of your incredible Himalayan experience.

Day 12:: 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.

Cost Includes

Transportation & Hotels As Detailed Below:

- Private Transport: Private car with guide for both pickup and drop-off and Comfortable private jeep from Pokhara to the trek starting point and from the trek ending point back to Pokhara.
- Kathmandu Stay: 3 nights in a premium 4- or 5-star hotel with daily breakfast (based on selected package).
- Flights: Round-trip Kathmandu–Pokhara–Kathmandu flights with airport transfers.
- Trek Accommodation: 7 nights in the best available mountain lodges, including 2 nights with attached bathrooms in Ghandruk and Ghorepani. Hot showers is included every day throughout the trek
- Pokhara Stay: 1 night in a premium 4- or 5-star hotel with daily breakfast (based on selected package).

Meals & Drinks Included As Follows:

- Four hygienic breakfasts in the city are included as per the itinerary.
- Three meals per day—breakfast, lunch, and dinner—will be provided throughout the entire trek, offering self-choice options for a delightful and nourishing trekking experience.
- 5–6 cups of warm beverages, such as tea or hot lemon, will be provided daily to keep you cozy throughout your journey.
- A warm welcome dinner at a traditional Nepali restaurant with a cultural show.
- Safe drinking water (3–4 liters per day) and fresh fruit will be provided daily for your health and well-being.

Staff Wages, Insurance & All Permits Included

- We proudly offer the highest daily pay to our Sherpa guides and porters, and we fully cover their

insurance—because taking care of our team is our top priority
- Annapurna Conservation entry permit fee and TIMS Card fees are included
- A full-day Kathmandu and half-day Pokhara city tour with a private guide and driver—an immersive experience to explore Nepal's rich heritage and vibrant local life, all included in your package.
- Entrance fees to historic sites, temples, and monuments during the city tour are included.
- A one-hour boating experience on Fewa Lake is included to help you enjoy the very best of Pokhara

Experienced Sherpa Guides & Porters Included

- Our experienced, responsible, honest, and friendly Sherpa guides are the heart of your trekking journey—offering flexible support, ensuring your safety, and delivering an unforgettable experience from start to finish. A great guide is the key to making your trek truly exceptional.
- You'll be supported by hardworking, trustworthy porters (one porter for every two trekkers) who will carry your luggage and handle your belongings with the utmost care and honesty throughout the entire trek.
- All meals and lodging for your Sherpa guide and porter are fully covered throughout the entire trek—no extra fees, no hidden costs

Complimentary Gear & Equipment

- Complimentary T-shirt, company cap, reusable water bottle for boiled water (very useful in the mountains), and a highly recommended walking pole will be provided.
- High-quality sleeping bags and down jackets will be provided if you don't have your own, and can be returned after use.
- You'll receive a complimentary waterproof duffel bag (worth US$25) to keep, along with a detailed trek map and access to a group medical kit for added safety.
- Pulse oximeter for oxygen saturation as well as heart rates

Value Added Service (VAS) By MSTE

- One hour of free special Ayurvedic massage will be provided at the end of the trek.
- We offer free storage service for any extra luggage and provide assistance in obtaining a SIM card, as well as renting or buying necessary gears.
- We offer a complimentary Local Market Guiding Service for our valued clients interested in purchasing souvenirs at both wholesale and local prices.
- We assist with lost or delayed luggage and offer international flight ticket reconfirmation when needed—stress-free travel, always.

WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately $ 5-10 Per Meal)
- Any Alcoholic Drinks and deserts in Trek
- Gratitude for Guide & Porter after end of trek

Extra Bills

- Phone, internet & Battery Charges bills on trek

- Unforeseen Cost such as Flight Delayed/cancellation

Vital Information

Why Choose Mountain Sherpa?

Why I Book My Khopra Ridge Trek with Mountain Sherpa Trekking

1). Top-notch Sherpa Guides

Our whole guides & staff are 100% Local Sherpa people from the Everest region. As you know “Sherpa’s are highly regarded as elite mountaineers and experts in their local area. They were immeasurably valuable to early explorers of the Himalayan region, serving as guides at the extreme altitudes of the peaks and passes in the region, particularly for expeditions to climb Mount Everest”

We have extremely professional, reliable, and experienced climbing Sherpa’s working with us. We have four expert Sherpa guides for each group of ten trekkers on the trail in order to make sure all of our teams have the best chance at safe success in their goals. Since we will employ experienced Sherpa guides, they will take care of everything and will make your trip easy and wonderful.

2). Supporting Our Community

We believe that we all must give back to our society, as a responsible Sherpa Company, we know the importance of giving and supporting those in need. Hence, Mountain Sherpa Foundation has been established to help address the basic needs problems of the deprived people and low-income families of a remote part of Nepal. We work directly with the local communities to find lasting solutions to poverty and injustice. We seek to help and to be helped to ensure that poor people can improve their lives and livelihoods.

We continue to help the local community and have helped our Sherpa guides, porters, and staff. As things get worse for tourism workers amid covid-19 pandemic, **Mountain Sherpa Trekking director Mr. Pasang Sherpa** distributed relief packages to more than 450 Sherpa trekking guides, porters, and climbing guides on 25 May 2020, Similarly, He supported to Trekking Agencies Association of Nepal (TAAN) that has established a food bank for the tourism workers in Nepal during the COVID 19 pandemic.

Mountain Sherpa Trekking donates up to 15% of its annual revenue to Mountain Sherpa Foundation (MSF) Nepal’s projects, which cover regular maintenance of school buildings, Suitable-learning supplies for children in remote areas, providing necessary medical equipment to health posts of the lower part of Everest and so on.

The Mountain Sherpa Foundation (MSF) places great importance on providing scholarships to underprivileged students. To date, the foundation has awarded scholarships to 140 deserving students from all seven wards of Mapya Dudhkoshi Rural Municipality. These scholarships open doors to educational opportunities that would otherwise be out of reach for these students, empowering them to pursue their dreams and ambitions.

In addition, the MSF actively organizes regular medical health camps in remote villages across Nepal. These camps play a vital role in delivering essential healthcare services to communities that lack convenient access to medical facilities. By reaching out to these underserved areas, the foundation strives to improve the overall health and well-being of the local population.

3). Quality Run Journeys

Unlike many other companies, at Mountain Sherpa Trekking, we believe in giving you the freedom to choose your meals during your trek in Nepal. Our **Sherpa guides** will not control the food menu, allowing you to select dishes according to your personal taste from the lodge menu. This means you won't be limited to eating the same food for every meal, as we understand the importance of offering variety and catering to individual preferences.

As part of the trip price, our guides will ensure that you are provided with sufficient meals throughout your trek. We prioritize offering good quality lodge accommodations and ensuring that the food provided is hygienic. We understand that having access to nutritious and safe meals is crucial for the success and enjoyment of your trekking experience in the Himalayas.

Rest assured, we strive to provide you with a diverse selection of food options and ensure that your dietary needs and preferences are taken into consideration. Your satisfaction and well-being are our top priorities during your journey with us.

4). Ethical and Responsible Treatment of our Porters:

The invaluable support of porters is what enables many individuals to take on the challenges of these treks. They play a vital role in lifting heavy loads, preparing for the journey, and providing encouragement along the way. At Mountain Sherpa Trekking & Expeditions, our appreciation for porters is deeply ingrained, as they are the backbone of our company and the reason why Pasang Sherpa established our organization. Having started his career as a porter, Pasang Sherpa understands their needs like no other.

We are committed to improving the lives of our staff members and porters. This commitment entails providing them with better salaries, supplying all necessary gear, including warm clothing and proper hiking shoes for high-altitude treks, and ensuring suitable lodging arrangements.

Moreover, we extend our support to the families of our staff members by assisting their village schools and providing school materials for their children. Additionally, we contribute to the local health clinic in their villages, ensuring access to essential medical supplies.

By investing in the well-being and livelihoods of our staff members and their families, we strive to create a positive and sustainable impact in the communities we operate in. We value the dedication and hard work of our porters and are committed to offering them a brighter future.

7 reasons Why You Should Trek with Our Sherpa Guide

1. Our guides Act honestly, fairly, and professionally. They will be always punctual, reliable, honest, good sense of humor, friendly and caring.
2. Our guides are extremely patient with those of you who are slower trekkers, which is the key to a successful trip in the Himalayas.
3. Our guides will make sure that you get good quality lodge accommodation & enough hygienic food during your trekking in the Himalayas which is most important for a successful trip.
4. Our Sherpa guides are Government certified and top-notch!
5. Our guide will ensure that they understand what their duty of care is to their respected guests and will exercise it at all times.
6. Your safety and enjoyable trip are always our priority. Our guide will make sure all of your party is properly acclimatized in the Himalayas before going higher.
7. Our trek itineraries are fully customizable, and our Sherpa guides are flexible when it comes to unexpected issues.

Accommodation

HOTEL & LODGE

Our **Khopra Danda Trek** Package includes 2 nights of deluxe accommodations in Kathmandu and 2 nights of deluxe accommodations in Pokhara at comfortable and luxurious hotels. We understand that selecting the best accommodations is a crucial part of your trip planning. That's why we have handpicked the best hotels that are clean, well-located, and offer great value for your money.

Our carefully chosen luxury 5-star hotels provide a wide range of excellent services and modern amenities. These handpicked hotels create a peaceful and relaxed atmosphere, ensuring your privacy when preferred while delivering attentive service. After your trek, you can indulge in a relaxing spa day at our 5-star hotel in Kathmandu or unwind in a tranquil garden resort.

We offer two different package options, as outlined below.

- **Our 4-star hotel package starts from $1550 USD per person only.**

- **Our 5-star hotel package starts from $1750 USD per person only.**

LOCAL MOUNTAIN LODGE

During your 7-night stay, you'll be accommodated in some of the best mountain lodges, offering cozy rooms with shared bathrooms. The rooms typically feature twin beds, with two beds per room, and in most cases, do not have attached bathrooms, except for a few places like Ghandruk and Tatopani. The beds are equipped with mattresses, pillows, and some blankets that you can borrow for extra warmth.

In the evenings, the 'living room' area, where you can dine and relax, is heated to provide comfort. These lodges are known for their friendly atmosphere, providing opportunities to meet fellow trekkers. Many of them offer reading materials like books, and some may even have access to phones for communication. Additionally, almost all lodges provide hot showers, primarily heated using gas, ensuring you can refresh yourself after a day of trekking.

Typically, breakfast is served between 6:30-7:00 am, and you'll need to prepare your bags for the porters to transport early in the morning. Lunch is enjoyed en route at one of the numerous teahouses along the trekking route, and dinner is generally served around 7 pm. This schedule ensures you have nourishing meals and allows you to make the most of your trekking adventure while experiencing the local hospitality of these mountain lodges.

What Kind of Food I can expect during Trek?

Morning Breakfast between 7:00-8:00 AM

1. Tea or Coffee, Hot chocolate, lemon tea, hot milk, or green tea
2. Eggs items- Fried Eggs, Boiled Eggs, scramble eggs, Omelet,
3. Bread items- Toast, Pancakes, Chapati & Tibetan Bread
4. Porridge with Honey

Afternoon Lunch between 12:30 – 1:00 PM

- Nepal Dal Bhat, Curry with Rice, Pasta or Noodles item,
- Fried rice, fried Potatoes, Mo.Mo

Evening Dinner between 6:00-8:30 PM

1. Garlic Soup local Stew, vegetable Soup, mixed Soup, Potato Shop
2. Dal Bhat Tarkari – a soup of lentils with rice and a vegetable curry
3. Fried potatoes with veg, MO. MO, fried Noodles, Pasta, mash potatoes with Cheese etc

Drinking-Water during Khopra dada Trek

Unlike many companies that leave you to purchase your own drinking water, at Mountain Sherpa Trekking, we've got you covered. We provide 3-4 liters of safe drinking water every day, ensuring you stay hydrated and focused on the adventure ahead—no extra costs, no hassle. Just pure convenience for your journey.

Transportation

Airport Pickup by Private Vehicle:

We always provide timely airport pickup service, which is most important for hassle-free travel. your guide & driver will meet you at the arrivals hall after you pick up your luggage and head to the exit. (Provide us with your correct international flight details). Please meet our Guide and driver who will be waiting outside the Kathmandu international airport terminal. Our Guide will be holding a welcome banner with your name and our company name Mountain Sherpa Trekking & Expedition at the Kathmandu international airport. They will take you to your hotel in a vehicle arranged by us. By booking your trip with us, you get a safe and comfortable ride without stress and inconvenience.

Kathmandu-Pokhara-Kathmandu Flight:

Our Khopra Ridge trek includes both way scenic flights from Kathmandu-Pokhara and Pokhara-Kathmandu. Pokhara may not seem far from Nepal's capital city Kathmandu (the cities are only 126 miles / 204 km apart), but the Nepali landscape and road quality make for a very long drive. That's why we recommend our clients opt to fly instead of a long drive.

Flying is by far the fastest and most comfortable way of traveling between Kathmandu and Pokhara and is highly suggested if you're short on time and looking for a comfortable journey. There are several flights each day from the domestic terminal of Tribhuvan Airport and take only around 25 minutes. It's a very scenic flight, particularly if you sit on the right-hand side of the plane, so you can see the Himalayas. When flying, you're likely to arrive feeling enthusiastic and with plenty of time for activities the same day, which can't really be said if you make the trip overland.

Naturally Pokhara. The charming city has numerous beautiful lakes and offers stunning panoramic views of the Fishtail Mountain flanked by the Majestic Himalayas. Pokhara is an amazing place for natural beauty at an altitude of 827 meters from sea level and 200 km west of Kathmandu. It is also one of the most popular tourist destinations in the country.

The Dhaulagiri, Annapurna, and Manaslu ranges, each with peaks over 8,000 m, can be seen from Pokhara and there are lakes, caves, and impressive falls (Patale Chango or Devi's Fall) where the water from the Phewa Lake thunders into a hole and disappears. These are some of the Pokhras heritage sites as well

As there are many lakes in this beautiful city, Pokhara is also known as the "City of Lakes". Phewa Lake, Begnas

Lake, and Rupa Lake are the most visited lakes of Pokhara. While at Pokhara, you can visit World Peace Pagoda, Sarangkot, Davi's fall, Mahendra Cave, and museums. These places will surely help you to reveal a lot about Pokhara.

Pokhara to Khimche By Private Transfer

We meet our Sherpa crew at Pokhara Airport then you will transfer to Khimche by Private Jeep. Which are approximately 2:30 hours drive from Pokhara, from where we'll begin the first steps of our trek. From Pokhara, we travel by a private vehicle northwest along the Baglung Rajmarg Road. This scenic drive, which climbs in altitude and is windy in places, transports many trekkers in the Annapurna area to the beginning points of their trek.

Although most of the trekkers began from Nayapul, we highly advise you to drive up to Khimche and start your first-day trek because you won't have pleasure hiking firstly due to dusty roads. We are always committed to offering you quality private vehicle service for any trip in Nepal. The benefit of taking a private vehicle is that you can ask the driver to stop whenever you like and smaller vehicles tend to be able to move through the traffic a little faster than larger buses. Private vehicles come with their own driver.

Tatopani (Hot Spring) to Pokhara by Private Jeep

We end our trek at **Tatopani. Where we will enjoy the natural Hot Spring**. From here you will transfer back to Pokhara by private vehicle. It takes approx. 2-3 hours by private vehicle. We will arrive in Pokhara by late afternoon. **The vehicles being used by mountain Sherpa Trekking during the tour will be clean, comfortable & fully sanitized before use.**

Travel information

Visa on Arrival:

Tourist visas are available upon arrival at Tribhuvan International Airport in Kathmandu. The current fee for a multiple-entry visa valid for 15 days is USD $30, and for a 30-day multiple-entry visa, it's USD $50. Please note that all fees are subject to change without notice and must be paid in cash in U.S. dollars. It's advisable to carry two passport-size photos with you.

The 'On Arrival' visa procedure is quick and straightforward, although there might be queues during peak tourist seasons. If you prefer to skip the queues, you can also obtain a visa from Nepalese Diplomatic Missions abroad before your arrival. The choice is yours.

Upon your arrival at the airport, please follow these simple steps for a Tourist Visa on Arrival:

1st Step: Fill in the 'Arrival Card'

Fill out the Online Tourist Visa form (you can complete it in advance by visiting the official website of the

Department of Immigration or fill it out using the Kiosk machines upon your arrival at the airport). If you fill it out on the website, you will receive a submission receipt with a barcode. Please print it out and bring it with you to acquire a visa. This receipt is valid for fifteen days and becomes invalid afterward, so make sure to keep it safe.

2nd Step: Make Payment at the Bank

Make the required payment at the bank according to your visa requirement (15/30/90 Days) and obtain a receipt. While different modes of payment are accepted at the visa fees collection counter, it's advisable to carry some cash to be on the safe side.

3rd Step: Proceed to the Immigration Desk

Proceed to the Immigration Desk with your online form, payment receipts, and your passport. Hand in these documents to the immigration officer for visa processing. Upon their satisfaction, they will issue a visa to you.

On Arrival Visa Fee:

15 Days – 30 USD

30 Days – 50 USD

90 Days – 125 USD

Cash & Credit Cards:

In Nepal, cash transactions can generally be made in either U.S. dollars or the local currency. It's recommended to have recently issued U.S. dollar bills in smaller denominations. Major credit cards are accepted primarily in larger shops, hotels, and tourist-category restaurants. Access to ATM machines is available in larger cities like Kathmandu and Pokhara but is limited in rural areas.

Altitude Sickness:

Trekking to high altitudes without allowing your body to adjust to the new elevation can lead to altitude sickness, which is characterized by symptoms like headaches and nausea. Returning to a lower elevation typically relieves these symptoms without the need for treatment. However, in severe cases, altitude sickness can be life-threatening.

When hiking at altitudes ranging from 8,000 to 12,000 feet above sea level, our bodies require time to acclimatize to the decreasing oxygen levels. Even if you are physically fit, you can still experience altitude sickness if you ascend too rapidly.

Mountain Sherpa Trekking's Khopra Ridge trek itinerary is thoughtfully designed to minimize the risk of altitude sickness. Over the years, we have refined our itinerary to facilitate the acclimatization process. Our trek itinerary is fully flexible and can be adjusted on the spot if necessary.

It's essential to remember that trekking in the Himalayas is not a race. Even the most physically fit individuals can suffer from altitude sickness if they ascend too quickly. Going slowly allows your body the time it needs to adapt to the altitude. However, during the acclimatization process, you may experience some of the following symptoms:

1. Tiredness
2. Minor headache
3. Troubled sleep
4. Loss of appetite/nausea
5. Shortness of breath
6. Cough
7. Palpitation
8. Swelling of the hands and face

Each person acclimatizes at different rates, so taking your time and staying well-hydrated is crucial. Experiencing these symptoms does not necessarily mean you have Acute Mountain Sickness (AMS). All our Sherpa guides are extensively trained in first aid, and we encourage you to communicate with your guide if you believe you have any symptoms, so we can effectively monitor your condition. The only effective treatment for Acute Mountain Sickness is to descend to a lower altitude.

It's important to keep in mind that this is your holiday, and you shouldn't stress about the possibility of getting sick in the mountains. Take things slowly, drink plenty of water, and savor the breathtaking views of the Himalayas. If you do experience any issues, please notify your guide immediately—note that your guide has the ultimate responsibility and may advise you to descend if symptoms persist.

Travel insurance:

Travel insurance is not just a good idea; it's essential, especially when embarking on activities like high-altitude trekking in remote areas where access to medical facilities can be limited. Having the right insurance coverage offers you peace of mind during your adventure, knowing that you're protected in case of unexpected events. These can range from medical emergencies, trip cancellations, trip interruptions, delays, lost or stolen luggage, to even a helicopter rescue from a mountain.

It's highly advisable to obtain travel insurance before you start your journey. By doing so, you safeguard yourself from potentially significant financial burdens in case of an unforeseen incident. While such occurrences are rare, having insurance ensures that you won't face substantial out-of-pocket expenses.

Additionally, when you book your trek with Mountain Sherpa Trekking, they will provide you with a letter and invoice to submit to your insurance provider, if needed. This can streamline the insurance claim process, making it easier and more efficient should you need to make a claim. Ultimately, having the right travel insurance in

place is a wise and responsible choice for any traveler, particularly for those engaging in adventurous activities in remote locations.

Please visit the link "**Nepal Travel Insurance**" for more information and recommended insurance companies.

Packing List

Packing Khopra Danda Trek

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your kit bag while trekking should be no more than 15 KG/33Lbs. Please note that this gear list is only a guide. Those are basic to bring the listed items, but you can decide from your desired brands using your expertise. Plus, you can shop the trekking gear and clothing at a good price at stores in Thamel, Kathmandu.

YOU MUST BRING THE FOLLOWING ITEMS:

Upper Body - Head / Ears / Eyes

1. Sun hat
2. Headlamp with Fresh Batteries
3. Wool or synthetic hat that covers the ears
4. Sunglasses with UV protection
5. Neck gaiter or bandana (for sun protection)
6. Face Masks
7. Sun protection (including total bloc for lips, nose etc.)

Hand

1. Fleece/Wool Gloves
2. Glove Liners
3. Heavier shell glove

Core Body

1. Base layer shirts
2. Moisture-wicking long-sleeve t-shirts (1)

3. Moisture-wicking short-sleeve t-shirt (optional)
4. Fleece jacket or warm windproof jacket with hood
5. Synthetic sports bras (for women)
6. Insulated Warm jacket
7. Underwear (4-5 pairs)
8. Sleeping bag (comfort rated –10ºC)*

Lower Body – Legs

1. Hiking Pants (Convertible, Quick-Dry, Lightweight) 1-2
2. Warm hiking pants with waterproof Windproof and breathable
3. Rain Pants (Lightweight, Waterproof, Breathable)- optional
4. Gaiters (needed Dec-Feb)
5. Long underwear

Feet

1. Hiking boots with ankle support recommend
2. Camp shoes or tennis shoes for lodge
3. Hiking Socks (Synthetic or Wool) 5-7 pairs recommended

Food & Snacks

- Snacks (combine protein & carbs for well-balanced energy)
- Thermos (optional for hot beverages)
- Re-hydration gels or powder

Toiletries

1. Sunscreen, Lip balm with sunscreen
2. Toilet Paper
3. Soap
4. Deodorant

5. Toothbrush/toothpaste
6. Razor (as needed)
7. Shampoo
8. Wet wipes
9. Hand sanitizer
10. Feminine hygiene products (as needed)
11. Face lotion
12. Hairbrush
13. Hair ties

Other necessary important items:

- Passport and extra passport size photos (2-4 copies)
- Visa (these are easy to attain when you land in Kathmandu—bring $30 (15 Days) or $50 (30 Days) USD for Visa Application
- Money ($200-300 cash is suggested—while there are occasional ATMs on the trail, they are almost always out of order)
- Travel insurance- most recommended
- Airline tickets (Please make a copy and leave one at our office in KTM just in case if you need to change the date of yours)
- Durable wallet/pouch for travel documents, money & passport
- Water bottles 1 Liter x 2 (we encourage re-filling water bottles rather than single-use plastic)
- Water purification Iodine tablets
- Toilet paper (you can buy this in the lodges
- Travel towel
- Small padlock (to lock your kit bag)
- Antibacterial handwash

Additional Supplies

1. Portable solar charger/power bank
2. Book

3. Journal/pen
4. Playing cards

Basic First Aid Kit including antiseptic cream, throat lozenges, diarrhea treatment (Imodium), altitude (Diamox), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea

THE FOLLOWING ITEMS ARE OPTIONAL:

1. Trekking poles – if you don't have poles, We can provide you complimentary trekking.
2. Sleeping bag liner
3. Pillowcase, Scarf, or buff
4. Swimwear (for the hotel pool in Kathmandu)
5. Earplugs (particularly if you are not the one snoring)
6. Travel clothes
7. Camera
8. Pen-knife (remember to pack sharp objects in hold baggage)
9. Repair kit – (eg. needle, thread, duct tape)
10. Reusable cloth bag for shopping (to avoid plastic bags)

Note:

The Nepalese are still traditional and conservative in the way they dress. Hence to avoid discomfiture on both sides we advise that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach just above the knee and be modest and for women, it is better to wear trousers or a long skirt.

Additional info:

As you pack for Everest Base Camp, remember that your gear will be separated into two packs: your daypack that you will carry each day as you trek, and your duffle bag which will be carried between tea houses by porters. All extra baggage (non- trekking items) can be stored at the hotel before you start your trek. We provide you with a free duffel bag in Kathmandu. You can use it to pack your essential trekking equipment. We provide one-porter services for two people. Porters will carry up to 25 kg - 30 Kg or 55-66 pounds of your personal items. This must include your sleeping bag and down jackets. Therefore your duffel bag should not weigh more than 12 kg-15 kg or 26 pounds to 33 pounds.

INSIDE YOUR DAYPACKS:

Daypacks can be any size for hiking, but we always recommend the smaller, the better. Around the 25l to 30l size is good for the **Khopra Ridge trek**. You need to carry your own backpack (with waterproof cover) where you can carry your daily needed items in your own backpack. For instance: Water bottle, Extra money for drinks, souvenirs & tips, sunhat, camera, important documents, toiletries, sunscreen, hand sanitizer, rain gear, music (iPhone), etc.

If you don’t have your own down jacket & sleeping bag, don’t worry. We will provide you with 4 season sleeping bags and a good down jacket with a hood for complementary use. Good quality sleeping bag and down jacket are most important for high altitude trek.