



**INCREDIBLE HIMALAYAN
SHERPA ADVENTURE P. LTD.**
SPECIALIZED IN ORGANIZING TREKS TOURS & EXPEDITION

Khopra Ridge Trek

Duration: 15 days
Difficulty: Medium

DoT No. 1888
NRB No. 1573
PAN No. 601340433
NMA. AM#1171, TAAN
Govt. Regd No. 115217

Travel time: Can be freely chosen

Group size: Private Trek

Quick Trip Facts

Altitude: 3660m

Season: Spring/Fall/Winter

Accommodation: Teahouse

The Khopra Ridge Trek is one of our favourite treks and we'd be delighted to help you explore this impressive region in Nepal.

The **Khopra Ridge Trek** is the prime objective and viewpoint of several treks that take advantage of a network of old trails in the Annapurna-Dhaulagiri region. Trekking to Khopra Ridge - known as Khopra Danda - has a long tradition. The trail is well developed with comfortable and quirky tea houses along the way. Our trip leads you through the Annapurna region. Along the way, you will see some of the most impressive mountains like Machhapuchare and - the favourite of many visitors - Annapurna South. If you feel up to it, you can hike up Khayer Lake (4600m) which offers a magnificent panorama of sacred Khayer Lake, alpine lake directly beneath the peaks and many more famous mountains.

With Incredible Himalayan Sherpa Adventure, you'll not only be able to enjoy this unique landscape but you'll also have the chance to observe the traditions and rituals of the local ethnic people. We put great emphasis on authentic experiences and our professional local guides will introduce you to their culture.

All our treks can be booked as private trips - no large, impersonal groups but small, individual experiences. Let Incredible Himalayan Sherpa Adventure take you on your very own adventure trek to Khopra Ridge.

Highlights:

- + Splendid sunrise over Dhaulagiri and the Annapurna
- + Trek in the Nepal's best panoramic views
- + Hike to sacred Khayer Lake at the foot of Annapurna South
- + New trekking route in Annapurna region

Suggested Itinerary:

Day 01; Arrive Kathmandu (1350m/4429 ft.)

Flying into Kathmandu is a memorable experience with the Himalaya Spread out before you. After landed your flight in Tribhuvan International

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Airport in Kathmandu (1350m), our airport representative will be waiting for you with your name written on the placard. We welcome you by offering Tibetan scarf and transfer to the hotel in a private vehicle. There will be a trek briefing and afterwards you are invited to a welcome dinner at Tsering's home.

[Included meals: Bed and Breakfast]

Overnight at hotel

Day 02; Kathmandu Tour (1350m/4429 ft.)

Your tour in Kathmandu of the most beautiful UNESCO World Heritage sites-Swayambhu, Bhaktapur. Return to hotel and trek preparation.

[Included meals: Bed and Breakfast]

Overnight at hotel

Day 03; Scenic drive to Pokhara (823m/2,700ft), 6hr drive

We early drive to Pokhara. From Ktm we follow the Prithvi Highway that leads to Galchi and Mugling Bazaar. After (6hr) drive we reach at Pokhara (823m). Pokhara is a beautiful valley and is overlooked by the Mt. Annapurnas and Mt. Machhapuchhare, one of the most idiosyncratic of the Himalayan peaks, where we stay overnight.

[Included meals: Bed and Breakfast]

Overnight at hotel

Day 04; Scenic drive to Nayapul (1070m/ 3510.499 ft.) trek to Ulleri [2050m/6725ft], 1h drive+5h walk

We drive to Nayapul. From here we begin trek to a bridge over a stream And follow the road along the bank of the Modi Khola and further short walk bring us to Berethanti (1000m). Birethanthi is a riverside village at the confluence of the Modi Khola and the Burungdi Khola. From here we continue to Hill (1510m) via climbs steadily up the side of the valley and next short walk bring us to Tikhedunga (1540m). We climb very steeply on a stone staircase, few hrs of trek bring us to Ulleri Magar village, where we stay overnight. From here we overview perfect view of Annapurna South and Himchuli

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 05; Ascent through rhododendron forests to Ghorepani (2750m/ 9020ft.), 4hr walk

Trek commence with ascend through cultivated fields. The field soon give way to deep forests as the trail climb to Banthanti. Further trail is fascinated with magnificent oak and rhododendrons forests and crosses sparkling clear streams before final climb to Nangathanti (2460m). Further an hour of trek bring us Ghorepani. From here we see splendid mountain views of

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Dhaulagiri, Annapurna, Hiunchuli, Machhapuchhare, Lamjung and other Himalayan. In the winter the trail can be covered with snow.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 06; Journey to Swanta (2270m/7447.507 ft.), 3-4hr walk

Trek begin with descend from the ridge-top of bunch of lodges at Ghorepani on the Annapurna Circuit trail, through rhododendron forests towards the spread-out settlement of Chitre(2390m). The village of Chitre amalgamates with that of the smaller Phalate (2280m). From here follow down a steep staircase towards Swanta and Khopra Ridge. We drop quickly to the Ghar Khola and passes stone houses, several retaining, and traditional rock-slab shingles-great chance from the everywhere-blue corrugated iron of Ghorepani. Further 20min of trek bring us to Margar settlement of Swanta

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 07; Climb to Dhan Kharka

We begin walk through the school yard in Swanta skirting fields to enter a forest and begin a gradual ascend beside the Dhoske Khore Khola. After two hours the trail drop to a bridge beside an amazing waterfall and bamboo grove, soon we climb up the other side of the valley and reach at Ahl Kharka (2540m). Further 2 hours of trek bring us Dhan Kharaka (3020m), where we stay overnight.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 08; Trek Khopra Danda (3640m/11942.26 ft.), 3-4hr walk

Short and steep trek offer us views of the east of the building of Bayeli community lodge across the valley. The trail is quite challenging if there is snow. The trek offer us spectacular views of Dhaulagiri, Annapurna South and Bharaha Chuli (aka Fangi) etc.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 09; Side Trip to Khayer Lake (4660m/15288.71 ft.), 8-9hr walk

The day tip to a beautiful alpine lake, Khayer Lake Beneath the peaks provide us rewarding day. Over people of Hindus consider bathing in the lake assist achieve Nirvana. We see excellent views of the Fang and several Himalayas.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 10; Descend to Bayeli (3460m/11352 ft.), 6-7hr walk

Retrace steps back to the trail junction where the high trail to bayeli peels

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off. This is the quickest way to Bayeli if there is no snow or landslide. We drop through oak and rhododendron forest, streams, bamboo and daphne with giant for trees. Further 2 hours of trek from Dhan Kharka bring us to Beyeli, where we stay overnight.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 11; Trek to Tadapani (2710m/8891.076 ft.), 7-8hr walk

Trek begin with climb to a ridge. On reaching the apex the ground suddenly drops away to the east providing glorious views of the Annapurna range. we follow narrow ridge through rhododendrons, heading south to the lodges that make up the locality of Dobato (3450m). From here the trail contours around to the east through pine and rhododendron and soon reach at Isharu (3235m). From here we follow zigzags steeply down trail to a stone stair into bamboo and rhododendron forests to Mashar Danda (2970m). Further 2 hours of descend trail bring us to Tadapani.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 12/13; Descend to Pokahara (823m/2,700ft), 5-6hr walk

The path is downhill, the unrelenting slope places a strain on the knees and trekking poles will come in handy. From Tadapani 2hr of trek on descend bring us to Ghandruk. Ghandruk is Second-largest Gurung settlement in Nepal. It's surrounded by neatly terraced filed and framed by outstanding views of Annapurna South and Machhapuchare. We continue to Nayapul takes us along a beautiful undulating trail through surrounded by terraced fields, villages and river.

[Included meals: Breakfast+Lunch]

Overnight at teahouse

Day 14; Drive to Kathmandu (1350m/4429 ft.), 6hr drive

We early drive to Kathmandu. After (6hr) drive we reach at Kathmandu.

[Included meals: Bed and Breakfast]

Overnight at hotel

Day 15; Departure from Kathmandu (1350m/4429ft.)

A representative of IHSA will drop off you at the airport by private vehicle

[Included meals: Breakfast]

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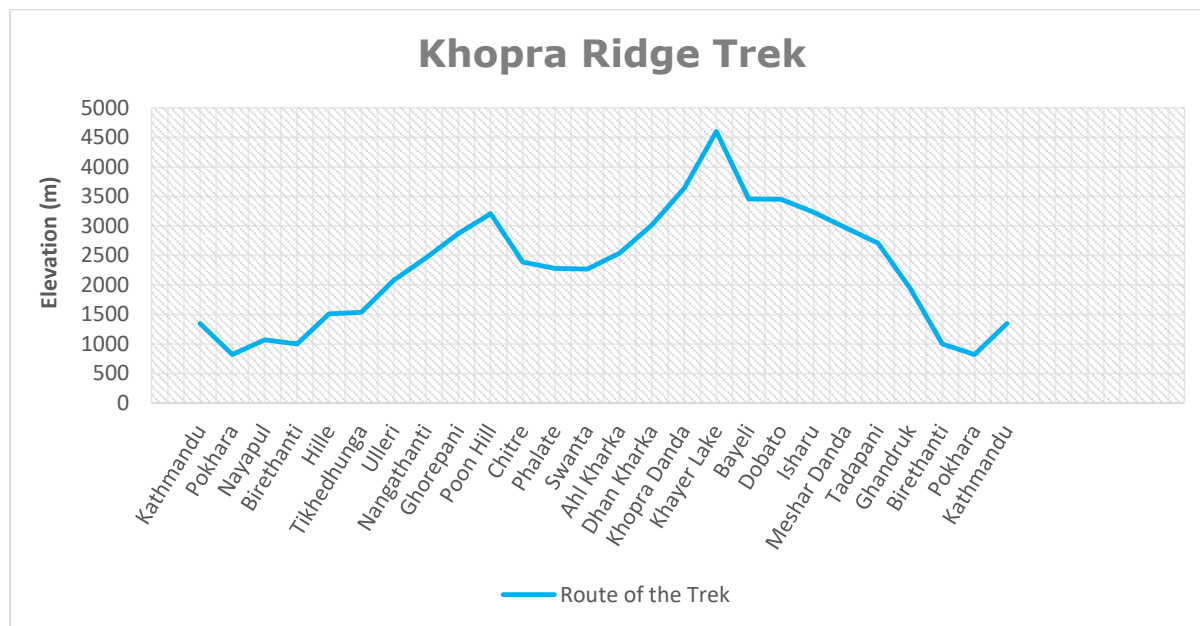
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Difficulty: Medium

Altitude Profile



We offer two packages: Basic and comfort. The basic package takes care of your trek while for the comfort package we also organize your stay in Kathmandu including some unmissable sightseeing. Both can be flexibly adjusted to your requirements.

Basic Package:

- + 15 days Khopra Ridge Trek
- + Guide and porter services
- + Food throughout the trip
- + round trip vehicle tickets
- + Airport pick up & drop off personally. For details see below.

Comfort Package:

As Basic and

- + 3* Hotel in Kathmandu
- + Sightseeing with guide. For details see below.

Group Discount:

There is a further discount for larger groups. Please contact us for details.

Trek Duration:

Standard itinerary – 15 days. Can be shortened or extended depending on time and fitness.

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Includes:

- + All airport transfers. We'll pick you up personally
 - + 3+2N Accommodation in a quality 3* hotel with breakfast in Kathmandu and Pokhara [upgrade possible]
 - + Sightseeing in KTM by private vehicle and professional English speaking city guide
 - + Private trek with an experienced English speaking, govt licensed & Ministry of Tourism trained trekking guide with meals, accommodation, salary & insurance
 - + 1 porter (between two clients) to carry your luggage during the trek (max 16 kg; i.e. 8kg pP) with meals, accommodation, salary & insurance
 - + Sharing tourist bus from KTM to Pkr & return including for the guide
 - + Full board meals with Morning bed-tea (Breakfast+Lunch+Dinner/main course) during the trek
 - + Accommodation during the trek in carefully selected teahouses
 - + Annapurna Conservation permit for all members
- Trekkers Information Management System (TIMS) registration Card for all members
- + Comprehensive first aid medical kit carried by the guide
 - + Assistant trekking guide for groups over 7 people with meals, accommodation, salary and insurance
 - + Duffel bag and trekking map (down Duffel bag to be returned after trip completion)
 - + Necessary paper works, all government and local taxes
 - + Complimentary welcome or farewell dinner & drink in Kathmandu with host family

Excludes:

- International Airfare to and from your country
- Nepal Visa fee for on arrival entry visa (US\$ 25 or equivalent for 15 days, US\$ 40 for 30 days & US\$ 100 for 90 days. You also require 2 passport sized photos)
- Travel & Health Insurance [needs to cover Emergency Helicopter Rescue at altitude]
- Lunch & Dinner in Kathmandu
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Tips for Guide & Porter (not mandatory but expected)
- Hot shower, battery charges (available at extra cost in lodges, sometimes free)
- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc
- Any other costs not specifically included. Please feel free to ask if in doubt

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Additional Options:

+ Hotel upgrade in Ktm: [65 USD for 4* hotel, 95 USD for 5* hotel per night]

If you feel like a little luxury before and after your trek, you can upgrade your hotel in Kathmandu to 4*/ 5* category.

+ Optional Extended Route [continue to following destinations]

If you prefer to extend the trip and continue to **Annapurna Circuit, Annapurna Sanctuary, Muldai Viewpoint Trek** rather than return to Pokhara, this can also be arranged.

Trip Related Information

Trekking Day

Our trekking itineraries are designed to be challenging, but not exhausting. The day starts with a comfortable breakfast at the teahouse after getting the baggage ready (as porters often set off early). We tend to set-off just in time to enjoy the morning sun. At noon we stop for a lunch break and relax a bit before the final bit of trekking for the day. The afternoon sections tend to be shorter and we aim to arrive at the destination by 3pm. This leaves some time for local explorations or simply a game of cards at the lodge. Dinner is generally around 6.30PM at the lodge.

Trekking Guides

The trekking guide is in charge of the trek and responsible for looking after you. You can address the guide regarding all problems, concerns and questions. All our guides are professionally trained and will be happy to answer any questions or deal with any issues. Communication is usually not an issue but remember they are local guides and their English proficiency can sometimes be limited outside of trek-related topics.

Accommodation

Throughout the trek you will be accommodated in lodges and teahouses with the usual basic standard you can expect in the mountains. Rooms may be twin or multi share with some basic shared toilet facilities (rooms with en-suite bathrooms are available in some of the lodges but this is rare). Hot showers are available in some places (charges apply).

Food

On the trail, meals are available in tea houses and lodges. The choice can be limited due to their remoteness. Expect simple but tasty meals – we also

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encourage you to opt for the local options. On top of that you may want to buy plenty of snacks before leaving Kathmandu as your body burns plenty of calories on the trail, especially at altitude. Healthy cereal bars are a good (and not too heavy) choice.

Your luggage

Your backpack should contain everything you need during the day but keep it as light as possible. Examples: water, some warm clothing, your camera, sunscreen, etc. Note that luggage you hand the porters might not be available to you during the day as they sometimes set their own pace.

Money and Tipping

It is best to bring a mixture of cash and traveller's checks in a major currency [some currencies are not convertible to NPR]. USD, GBP, CAD, EUR, and AUD are generally fine. Ensure you have also small denominations. As a guideline for baseline spending money we suggest USD 8 - 10 per meal in Kathmandu / Pokhara and USD 30 – 35 per day whilst trekking in the Annapurna region (if you drink or smoke or plan some major shopping this could be higher). You should exchange enough money into Nepalese Rupees to last the entire time of your trek BEFORE leaving Kathmandu. There are no exchange facilities in the villages along the trail but plenty of money changers in KTM. Tipping is, of course, voluntary but tips are not included in the trip price. If you are happy with the performance of the trekking staff, we suggest the following as a minimum: USD 9 per person and day in a medium sized group. This will be shared among guides and porters.

Insurance

Travel insurance is not included in the trip price but is absolutely essential. Your travel insurance must provide cover for personal accident, medical expenses and especially emergency evacuation and repatriation (including helicopter rescue). Make sure the insurance is valid at an altitude of >5000m.

Preparation and Health Issues

Trekking in the Himalayas, especially at altitude, is more challenging than some leisurely walking at home. Keep in mind: Altitude affects everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some regular exercise. Feel free to contact us if you need some specific advice of how to prepare. There are no specific health requirements but as this trek reaches altitudes above 5000m, you should be generally healthy. While serious problems are rare, it makes sense to come prepared. Please consult your doctor and check your national health authority for up-to-date information regarding vaccinations, high altitude medication and medications for any foreseeable illnesses whilst trekking in Nepal – especially considering the remoteness

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of some parts of the trek. Be aware that some drugs have side effects at altitude. Please discuss this carefully with your doctor. There is a small health post for emergency treatment with limited equipment in Jomsom but close-by treatment options are often very limited or completely absent. In a serious emergency, helicopter evacuation might be the only possibility. A personal First Aid kit and sufficient quantities of any personal medical requirements (including a spare pair of glasses) are highly recommended.

Altitude Issues

AMS (acute mountain sickness) is a serious condition. It can affect anyone, regardless of age, fitness or previous experience. It usually occurs above 3000m and the probability of symptoms and their severity increases with altitude. It can present with a variety of symptoms caused by the body's incomplete adjustment to altitude. Symptoms can include headaches, sleeplessness, dizziness, nausea, breathing difficulties and swelling of extremities and tissue. If two or more symptoms occur, an immediate descend might be required. A quick descend (of about 300m vertical distance) typically resolves the issues. The body can then complete the acclimatization. Although our routes are carefully planned following international guidelines, you may experience some effects of the altitude; particularly in the beginning and at higher altitudes. Breathlessness and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Your guide will encourage you to drink plenty of tea and water. Please refrain from drinking alcohol during any acclimatization phase as it can amplify the problem. Please advise your guide if you feel more severe symptoms and inform the guide about any medication you are taking.

Climate and Temperature

At lower altitudes the climate is generally warm and mild. Above 3500m, the temperature can fluctuate a lot during the day but nights are often cold (below freezing). Above 4,100m a colder climate prevails comparable to the higher elevations of the Alps. The weather can fluctuate strongly and unexpectedly. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

Have a good trip...

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