

KHOPRA RIDGE TREKKING



Description

The Khopra Ridge Trek is an off-the-beaten-path adventure in Nepal's Annapurna region, offering stunning views, cultural immersion, and a peaceful trekking experience away from the crowds. This moderate trek combines alpine meadows, dense forests, and panoramic mountain vistas, culminating in a visit to the sacred Khayer Lake.

Trip Information

Duration: 9 Days

Activities: 2

Arrival City: 2

Departure City: 2

Best Season: 2

Max Altitude: 2

Gallery



Itinerary

Day 1: Kathmandu to Pokhara (850m, 7-8 hrs drive or 30 min flight)

After breakfast, you'll either take a **scenic drive** (approx. 200km) or a **short flight** to Pokhara, a beautiful lakeside city and the gateway to the Annapurna region. Upon arrival, you'll have leisure time to explore **Lakeside Pokhara**, relax at cafes, or enjoy views of the Annapurna and Machhapuchhre peaks across Phewa Lake.

Accommodation: Hotel in Pokhara

Meals: Breakfast

Day 2: Pokhara to Nayapul, trek to Ghandruk (1940m, 6-7 hrs)

After breakfast, drive 1.5 hrs to **Nayapul (1070m)** where the trek starts. You'll begin walking along the Modi Khola (river), passing through small villages like **Birethanti** and **Kimche**. The trail gradually climbs through lush greenery, stone steps, and terraced farmland. The final ascent brings you to the traditional **Gurung village of Ghandruk**, known for its cultural museum and mountain views.

Accommodation: Lodge in Ghandruk

Meals: Breakfast, Lunch, Dinner

Day 3: Ghandruk to Tadapani (2630m, 4-5 hrs)

Today is a scenic trek through a **dense rhododendron forest**, alive with birds and occasional langurs. After a steady uphill climb, you'll arrive at **Tadapani**, a small settlement with an open view of **Annapurna South**, **Hiunchuli**, and **Machhapuchhre (Fishtail)**. This day is relatively short to help with acclimatization.

Accommodation: Lodge in Tadapani

Meals: BLD

Day 4: Tadapani to Bayeli Kharka (3450m, 5-6 hrs)

Leave the popular trail and branch off to the **less-crowded path** through oak and rhododendron forests. You ascend to **Bayeli Kharka**, a remote location with the first clear views of the **Dhaulagiri range**. This is a peaceful, wild area ideal for spotting wildlife like pheasants or Himalayan thars.

Accommodation: Community lodge

Meals: BLD

Day 5: Bayeli to Khopra Ridge (3660m, 5 hrs)

A beautiful ridge walk today offers stunning 360° views of **Annapurna South, Nilgiri, Dhaulagiri**, and deep valleys below. As you approach **Khopra Ridge**, the scenery becomes increasingly dramatic. This is the highlight viewpoint of the trek.

Accommodation: Khopra community lodge

Meals: BLD

Day 6: Day hike to Khayar Lake (4600m, 8-9 hrs round trip)

A long but rewarding day. You'll take a **challenging hike** to the sacred **Khayar Lake**, located at 4600m. The trail is steep and demanding, but you'll be surrounded by snow-capped peaks and alpine scenery. Khayar Lake is spiritually significant for locals, especially during the Janai Purnima festival. Return to Khopra for the night.

Accommodation: Same lodge at Khopra

Meals: BLD

Day 7: Khopra to Swanta (2214m, 5 hrs)

Descend through beautiful forests and pastures to the **traditional Magar village of Swanta**. The trail offers great views of **Dhaulagiri** along the way. Swanta is a quiet, culturally rich village where you can observe local life and architecture.

Accommodation: Lodge in Swanta

Meals: BLD

Day 8: Swanta to Ghorepani (2850m, 4-5 hrs)

Continue your gradual ascent to **Chitre village**, then up to **Ghorepani**, a popular trekking stop located just below **Poon Hill**. You'll reach in time for an optional short evening hike to Poon Hill for sunset views. Ghorepani has more amenities and serves as a hub for trekkers.

Accommodation: Lodge in Ghorepani

Meals: BLD

Day 9: Ghorepani - Poon Hill - Nayapul - Pokhara (6 hrs trek + 1.5 hrs drive)

Wake up early for a **pre-dawn hike to Poon Hill (3210m)** to witness a famous **sunrise view over Annapurna, Dhaulagiri, Machhapuchhre**, and more. Return for breakfast, then trek downhill through **Ulleri** and **Hille**, passing stone staircases and lush forest. From **Nayapul**, drive back to Pokhara. Trek officially ends.

Accommodation: Hotel in Pokhara or end of service

Meals: Breakfast, Lunch

Equipment

Equipment Item

Personal Trekking Gear: Trekking backpack (40-60L) Daypack (15-25L for daily essentials) Duffel bag (provided by trekking agency, if porter used) Waterproof rain cover for bag Clothing: Base Layers: Moisture-wicking thermal tops & bottoms (2 sets) Insulation Layer: Fleece jacket or down jacket (warm, lightweight) Insulated pants (for higher altitudes) Outer Layer: Waterproof/windproof jacket (Gore-Tex or similar), Waterproof pants Trekking Clothes: Quick-dry t-shirts (2-3), Long sleeve shirts (sun protection), Trekking pants (2 pairs) and Shorts (1 pair for lower altitudes) Undergarments & Sleepwear: Underwear (4-5 pairs), Sports bra (for women) and Pajamas or sleepwear Head & Headwear: Sun hat or wide-brimmed hat Warm beanie or wool hat Buff or neck gaiter Gloves (inner fleece gloves + outer waterproof gloves) Footwear: Sturdy trekking boots (broken in) Camp shoes or sandals (for evenings) Trekking socks (3-4 pairs, wool or synthetic) Gaiters (optional, for snow/mud) Sleeping Gear: Sleeping bag (rated at least -10°C; can be rented) Sleeping bag liner (optional for added warmth) Pillowcase or small travel pillow Personal Items: Quick-dry towel Toiletries (toothbrush, toothpaste, biodegradable soap, etc.) Wet wipes & hand sanitizer Sunscreen (SPF 30+) Lip balm with SPF Toilet paper (essential in remote areas) Small first-aid kit (blister plasters, painkillers, etc.) Personal medications Accessories & Others: Headlamp with spare batteries Water bottles (2 x 1L) or hydration bladder Water purification tablets or Stripe Trekking poles (highly recommended) Sunglasses (UV protection) Snacks (energy bars, nuts, etc.) Camera/power bank Ziploc bags (for dry storage) Notebook & pen (optional)

Cost Inclusion

No cost inclusion details available.

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No cost exclusion details available.

Frequently Asked Questions

1. How difficult is the Khopra Ridge Trek?

The trek is moderate to strenuous, with daily walks ranging from 4 to 8 hours. The most challenging day is the optional hike to Khayar Lake (4600m). A good fitness level is recommended.

2. Do I need prior trekking experience?

Prior experience is not required, but it helps. This trek is suitable for both first-time trekkers and experienced hikers, as long as you're in good health and reasonably fit.

3. What is the best time to do the Khopra Ridge Trek?

Spring (Mar–May): Rhododendron blooms, clear views Autumn (Sep–Nov): Stable weather, best mountain visibility Winter (Dec–Feb): Cold but fewer crowds (snow likely at higher altitudes) Monsoon (Jun–Aug): Not recommended due to rain and leeches

4. What permits are required?

Annapurna Conservation Area Permit (ACAP)TIMS card (Trekking Information Management System)These are usually arranged by your trekking agency.

5. Is altitude sickness a risk?

Yes, especially above 3000m. The trek is well-paced to allow for gradual acclimatization, but you should stay hydrated, avoid alcohol, and notify your guide if you feel symptoms like headache, nausea, or fatigue.

6. What kind of accommodation is available?

Tea houses and community lodges are available along the route. Rooms are usually twin-sharing, with basic beds, shared toilets, and simple meals like dal bhat, noodles, and soups.

7. Are there charging facilities or Wi-Fi on the trek?

Some lodges offer limited charging (solar or generator-based) for a small fee. Wi-Fi is available in select areas, but expect it to be slow or unavailable, especially at higher altitudes like Khopra Ridge.

8. What meals are provided during the trek?

You'll get 3 meals a day (breakfast, lunch, dinner) included in most packages. Options usually include dal bhat, pasta, soups, momo, porridge, eggs, and tea/coffee.