

## Khopra-Kaire Lake Trek - 14 Days

**The Khopra Trek**, also known as the **Khopra Danda or Khopra Ridge Trek**, is a beautiful climb that takes you through lush forests to a ridge above the clouds with a panoramic view of the Himalayas. The track is short and quite straightforward, making it suited for hikers of all skill levels. We will take a short trip from Kathmandu to Pokhara and begin our tour at Nayapul. The natural grandeur of wooded slopes, waterfalls, terraced rice fields, and beautiful communities fills the first several days. The gorgeous rhododendron blossoms are in bloom during the Spring season. The early morning sunlight behind the Himalayas takes our breath away at [Poon Hill](#). We are energized and thrilled about what is ahead. We begin our descent back to Nayapul from here. We return to Pokhara and either fly or drive back to Kathmandu.

### Planning:

The Khopra-Kaire Lake Trek in Nepal is a thrilling adventure that immerses hikers in the stunning splendor of the Annapurna and Dhaulagiri mountain ranges. This expedition, which normally lasts 7-10 days, necessitates meticulous planning. First and foremost, properly study the hike, ensuring you understand the optimum time to travel and the permission needs. Given the high heights involved, physical conditioning is essential.

You will also need to obtain the appropriate permissions and consider hiring a local guide or hiking in the group as trekking alone is banned at the moment in Nepal. These permits are mostly accessed through licensed agencies and no freelancer guides have the authority to provide you with this pass.

Also plan your itinerary, taking your fitness level and available time into consideration. Pack necessities such as warm clothes, a sleeping bag, hiking gear, and personal goods such as a first-aid kit and a camera. You should also be Mindful about altitude sickness, acclimate appropriately, and respect the local culture and traditions. Don't forget to carry your travel insurance, and emergency contact information, and leave no trace to reduce your influence on this spectacular Himalayan ecosystem.

But don't forget to soak in the breathtaking landscape, immerse yourself in the local culture, and relish this fantastic trekking experience in Nepal's [Annapurna region](#).

### Best time to do Khopra-Kaire Lake Trek:

The Khopra-Kaire Lake Trek in Nepal is best done during the spring(March to May) and fall(September and November) seasons. These two seasons provide the best circumstances for a fantastic hiking adventure. Spring brings in the beautiful sky, nice temperatures, and a magnificent environment covered with colorful rhododendron blooms along the route. During this season, the stunning vistas of the Annapurna and Dhaulagiri mountain ranges are at their best.

Autumn, too, has consistent weather with warm days and chilly nights, making it ideal for hiking. Golden-hued fields in the lower parts enhance the trek's picturesque appeal. Both seasons are popular with trekkers since they provide the opportunity to meet other travelers from all around the world.

Due to severe rain, slick paths, landslides, and extreme cold, the monsoon season (June to August) and winter season (December to February) are not advised. Choosing spring or autumn for your Khopra-Kaire Lake Trek provides the finest opportunity to see the breathtaking natural splendor of the Annapurna area.

### **Food and Accommodations:**

Teahouses, which are an essential component of the trekking experience in Nepal, primarily provide accommodation and meal arrangements along the Khopra-Kaire Lake Trek. While simple, these teahouses provide vital conveniences to hikers, providing a somewhat comfortable journey over Himalayan terrain. Expect twin-sharing or dormitory-style quarters, with the option of private rooms in select teahouses, however, availability is limited, and booking is required. Showers with cold water and minimal toilet facilities are prevalent in shared bathrooms. The cleanliness of teahouses may differ.

Teahouses provide a broad menu that includes both Nepali and international cuisines such as pasta, rice, and potatoes. Dal Bhat, a typical Nepali dish consisting of rice, lentil soup, veggies, and occasionally meat, is a popular option. Breakfast items include eggs, pancakes, porridge, and Tibetan bread with honey or jam. Teahouses also sell beverages such as tea, coffee, soft drinks, and, in certain situations, alcoholic beverages.

It is always advisable to consult your [guide](#) for food recommendations for a more healthy and hygienic option.

### **Transportation:**

The Khopra-Kaire Lake Trek normally begins at Tirkhedhunga or Nayapul. If you want to fly to Pokhara, you can take a domestic airplane (30 minutes) or a tourist bus/private car to Pokhara (approximately 6-8 hours) and then go overland to Tirkhedhunga or Nayapul to begin your trek. We will either remain in a hotel in Pokhara for the night or begin our adventure if we arrive early. To go to Tirkhedhunga or Nayapul, we will either hire a private car (shared jeep) or use a local bus. The journey may take many hours, depending on road conditions and the starting place you select.

This trek will finally conclude at Nayapul and from there, you can take a Local bus(or private vehicle) back to Pokhara.

Our trek to Khopra Ridge begins from there. The walking routes are well-marked, and you'll follow them through stunning scenery, villages, and woods until you reach the base camp.

### **Necessary Permits & TIMS:**

Khopra-Kaire Lake Trek requires obtaining specific permits, including the Annapurna Conservation Area Permit (ACAP) and the Trekkers' Information Management System (TIMS) card. These permits are essential for regulating trekking activities and supporting conservation efforts in the region.

#### **1. Annapurna Conservation Area Permit (ACAP):**

To visit the Annapurna area you must get an Annapurna Conservation Area Permit ([ACAP](#)). This protected area, noted for its breathtaking natural beauty, varied landscapes, and rich cultural history, is one of the most well-liked hiking areas in the nation.

**Cost:** Nrs 3000 per person

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## 2. Trekker's Information Management System(TIMS):

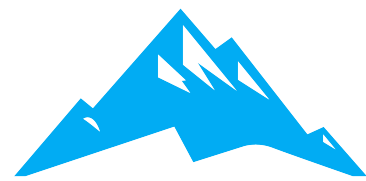
For hikers in Nepal, the TIMS (Trekker's Information Management System) card is a necessary piece of identification. It was put into place to improve trekkers' safety and security while also assisting authorities in keeping track of travelers in various hiking locations.

**Cost:** Nrs 3000 per person for non [SAARC](#) tourists and Nrs 1000 for SAARC trekkers.

(All the necessary permits are included in this package)

### Necessary documents for Permits:

- An original passport and current visa(valid for at least six months)
- One printed passport-sized photograph (required for an ACAP permit)
- Travel insurance papers (includes helicopter evacuation of up to 6000m)



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## PRICE INCLUDES

- Airport pickup and drop service.
- Accommodation in Kathmandu [Hotel Chhimeki](#).
- All food & Accommodation during the trek.
- Transportation costs: Comfortable Drive from Kathmandu to Trek Starting Point and Trek Ending Point by Local Jeep or bus and car. (depending upon the price and group size).
- Government license holder English-speaking trekking guide.
- Trekking permits: Annapurna Conservation Permit and TIMS card.
- First aid medical box.
- T-shirt, Duffel Bag, and Trekking Map.
- Rescue Management Service.
- All Tax (13Vat + 10 Service charge).
- Farewell Dinner.

## PRICE EXCLUDES

- All kinds of Drinks.
- Visa fee to enter Nepal
- International flight tickets.
- Extra night accommodation and meal costs in Kathmandu, Pokhara due to any change in the scheduled itinerary.
- Porter (1 porter for 2 trekkers with a max load of 17 to 20kg).
- All required trekking gear like sleeping bags and down jackets made available for rent.
- Travel insurance/ Rescue operation costs.
- All personal expenses.
- Tip for guide and porters

## ITINERARY IN DETAIL

### Day 1: Arrival at Kathmandu airport.

After arriving in Kathmandu, our driver will be waiting for you at [Tribhuvan International Airport](#) and take you to your Hotel.

### Day 2: Sightseeing in Kathmandu Valley.

On this day, Our staff will pick you up again in a private car or a vehicle for [Kathmandu Sightseeing](#) and take you to your first stop, the busy streets of Thamel. It is a well-known busy tourist spot in the city's core. This active area is known for its narrow streets lined with a variety of shops, vendors, restaurants, and bars. Thamel is also known for its wandering streets teeming with stores and street vendors.

Now we will be heading straight to Boudhanath Stupa which is an ancient Tibetan refuge spot in Kathmandu. It is semicircular in design and holds Buddha's relics and remnants. The stupa's massive mandala makes it one of the world's largest spherical stupas. From there we will make our way to Pashupatinath Temple.

Pashupatinath Temple is one of the most significant and sacred pilgrimage locations for Hindu worshippers worldwide. You can find many different temples where different gods reside. The main attraction of this place is [Shiva](#) temple but only Hindus are allowed inside.

Finally, we will head off to Swoyambhunath Stupa where you can observe the view of the whole Kathmandu valley.

### Day 3: Drive from Kathmandu to Pokhara.

Our driver will be ready to pick you up and take you to the Pokhara tourist bus stop. There we will reside on our respective buses and make our way to Pokhara. This journey will take about 7-8 hours but provides us with stunning views of mountain ranges and landscapes. After reaching Pokhara, we will then make our way to Hotel and rest for the day.

### Day 4: Drive to Nayapul then trek to Ghandruk (1940m).

We will start our journey early in the morning and have breakfast. Then we will book a taxi and drive to Nayapul. The route from Nayapul to Ghandruk passes through scenic landscapes and attractive settlements. In Ulleri, we will tackle a difficult stairway and enjoy breathtaking views along the way.

From there we will reach [Ghorepani](#) where you may trek to Poon Hill for a dawn vista, and Tadapani, with its wooded pathways, are also highlighted. Finally, we will descend to Ghandruk, a historic village noted for its cultural history and mountain views.

### Day 5: Trek from Ghandruk to Tadapani (2610m).

The trip from Ghandruk to Tadapani is a beautiful and fun adventure across Nepal's Annapurna area. We will begin our trip in the lovely town of Ghandruk by descending through terraced fields and woodlands. The hike provides breathtaking views of the surrounding mountains and picturesque farmland. The route continues on to Kimrong Khola, where we will cross a suspension bridge across a magnificent river.

The trail progressively ascends from there, leading you through beautiful woodlands decorated with rhododendron plants. We will arrive in Tadapani, a charming town set among lush trees, after a few hours of walking. From there, we'll continue on our adventure until we reach Ghandruk, where we'll spend the night.

#### **Day 6: Trek from Tadapani to BayeliKharka (3420m).**

We'll start the day early and make our way down the forest route toward Banthanti. This trail will take you through rhododendrons and oak forests, which are especially beautiful in the spring when the flowers are in full bloom.

We will finally arrive at the settlement of Banthanti as we descend further. With terraced fields and ancient buildings, this town provides a gorgeous environment. As we continue on our journey, we will arrive in Ghorepani, a renowned trekking destination. This trek also offers magnificent views of the Annapurna and Dhaulagiri mountain ranges.

As we go on, we'll pass through various small villages where you can observe how people live there. Finally, we will arrive at BayeliKharka, where we will spend the night.

#### **Day 7: Trek from BayeliKharka to Upper Chistibung (2975m).**

The route from BayeliKharka to Upper Chistibung winds through rhododendrons and oak trees, giving shelter and a tranquil setting. Along the trip, you'll pass through charming villages and terraced fields, providing glimpses into the local way of life.

We will progressively rise towards Upper Chistibung as we continue our walking. After arriving in Upper Chistibung we will stay in a hotel or tea house for the night. You may also explore the area as it provides you with stunning mountain views.

#### **Day 8: Trek from Upper Chistibung to Khopra Ridge (3660m).**

Our journey will start early in the morning after a quick breakfast. This hike winds through gorgeous rhododendron woods and alpine meadows, providing glimpses of native fauna and breathtaking views.

The majestic beauty of the Annapurna and Dhaulagiri mountain ranges emerges as the journey progresses, capturing hikers with their awe-inspiring majesty. When you reach Khopra Ridge, the rewards are plentiful, with breathtaking views of snow-capped mountains filling the horizon. Then we will be finishing off an incredible day of conquering the mountains and book a tea house to spend the night.

#### **Day 9: Trek from Khopra Ridge to Swanta Village (2200m).**

After a balanced breakfast, we will embark on our excursion early in the morning. The route winds through rhododendrons and oak trees, making for a tranquil and picturesque trek. The early part of the descent from Khopra Ridge provides breathtaking vistas of the Annapurna and Dhaulagiri mountain ranges. We'll keep descending towards Swanta Village.

The ancient cottages and terraced fields that dot the countryside will enchant you as we reach Swanta and the panorama views of the surrounding countryside is rewarding. Swanta, a traditional village, provides a genuine view of the region's rural life and culture. We will then spend the night at a hotel and rest.

#### **Day 10: Trek from Swanta Village to Ghorepani (2855m).**

Swanta Village to Ghorepani Trek provides lovely terraced fields and traditional Gurung settlements. The walk winds through deep rhododendron and oak woodland. We will arrive at Tadapani, a popular trekking stop with guesthouses and lodges, after a few hours of walking.

Tadapani has beautiful mountain views, making it an ideal spot to relax and take in the landscape. We'll stop there for a while before continuing on our way to Ghorepani. The path ascends and lowers through rhododendron trees, with vistas of the Annapurna and Dhaulagiri peaks on occasion. Ghorepani is a lively settlement with a dynamic environment and opportunities to socialize with fellow trekkers from all over the world.

### **Day 11: Visit Poon Hill (3210m), then trek Tikhedhunga (1577m).**

The Ghorepani to Poon Hill walk is a well-known and captivating excursion in Nepal's entrancing Annapurna area. We'll enjoy our breakfast and then head to Poon Hill after waking up early in the morning and head to Poon Hill for sunrise. Poon Hill provides a spectacular 360-degree view of some of the world's highest peaks, including Annapurna I (8,091 meters), Annapurna South (7,219 meters), Dhaulagiri (8,167 meters), Machhapuchhre (6,993 meters), Nilgiri (7,061 meters), and others.

The breathtaking perspective also features a panoramic view of the neighboring valleys, terraced slopes, and charming villages, creating an ideal combination of natural beauty and cultural charm.

We will then descend towards Tikhedhunga after viewing the sunrise from Poon Hill. The trek begins with a tranquil and delightful walk through rhododendrons and oak trees. As we descend, we'll be able to take in the breathtaking vistas of the surrounding landscapes and distant peaks. The walk leads us through picturesque towns, where you may learn about the local way of life and culture. Then after reaching Tikhedhunga, we will relax in a hotel for the night.

### **Day 12: Trek to Nayapul, then drive to Pokhara (850m).**

After a well-deserved breakfast, our adventure will begin early in the morning. Then we'll descend through terraced fields and tiny creeks until we reach Nayapul. This will also be the end of our journey for this trip. Then we'll take a car back to Pokhara, where we'll spend the night. If we have time, we will go sightseeing in Pokhara; otherwise, we will prepare to return to Kathmandu the next day.

### **Day 13: Drive to Kathmandu.**

On this day we will take a tourist bus back to Kathmandu and once we reach there, a vehicle will be ready to take you to your respective accommodation.

### **Day 14: Departure.**

Our staff will be ready to pick you up from your Hotel and then drop you off at International Airport.



## FAQ

### 1. What makes the Khopra-Kaire Lake Trek special?

This trek is a hidden gem in the Annapurna region, offering panoramic views of Dhaulagiri, Annapurna, and Nilgiri. It's less crowded than Poon Hill and includes Khopra Ridge and the sacred Kaire Lake (4,500m), a significant pilgrimage site for Hindus.

### 2. How does this trek compare to Poon Hill?

While Poon Hill is shorter and more popular, Khopra-Kaire Lake Trek is more remote, peaceful, and adventurous. It provides better off-the-beaten-path experiences with fewer tourists and more diverse landscapes.

### 3. Are there teahouses along the trail?

Yes, the community-run teahouses on the Khopra Ridge trail offer basic accommodation and food. However, for the final stretch to Kaire Lake, there are no teahouses, so camping may be required.

### 4. What is the significance of Kaire Lake?

Kaire Lake is sacred to Hindus, believed to cleanse sins. Many pilgrims visit during Janai Purnima (August full moon festival) for rituals and prayers. The lake also has stunning reflections of the Himalayas.

### 5. Is the trek suitable for beginners?

Yes, but it requires good fitness due to steep ascents and remote trails. It's a great alternative to the classic Annapurna treks for those seeking a quieter yet equally rewarding experience.