

Khopra Ridge Trek: A Scenic Escape Above the Annapurna Valleys

Overview:

The Khopra Ridge Trek is a peaceful alternative to the busier routes in the Annapurna region, offering a refreshing mix of mountain scenery, local culture, and quiet trails. The journey begins from the lower hills around Pokhara, gradually leading you through terraced farmlands, traditional villages, and dense rhododendron forests.

As the trail climbs higher, the landscape opens up into wide ridgelines with increasingly impressive views of the Himalayas. The highlight of the trek is Khopra Ridge (3,660 m), a stunning viewpoint where you can take in uninterrupted panoramas of Dhaulagiri, Annapurna South, Nilgiri, and Machhapuchhre. The atmosphere here is calm and uncrowded, making it a perfect place to simply sit and take in the mountains.

Along the way, you pass through authentic villages like Ghandruk, Tadapani, and Swanta, where warm hospitality and simple teahouse stays give a real sense of local life in the hills. For those looking to extend the adventure, the optional hike to Khayer Lake adds a more remote and challenging experience.

Overall, the Khopra Ridge Trek is best suited for trekkers who want something quieter and more off the beaten path, without missing out on the classic beauty of the Annapurna region.

Quick facts:

Cost: USD 1,000 per Person

Destinations: Pokhara / Ghandruk / Khopra Ridge / Poonhill / Nayapul

Duration: 14 Days

Trek starting point: Nayapul

Trek ending point: Nayapul

Grade: Moderate

Transportation: tourist coach / private vehicle

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 3,660 m

Activities: Hiking & trekking, sightseeing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

▯ **Day 1: Arrival at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.

Overnight stay at a hotel.

▯ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead.

Overnight stay at a hotel.

▯ **Day 3: Drive from Kathmandu to Pokhara (822 m): 200 km | 6 – 8 hours drive**

After an early breakfast in Kathmandu, we begin our scenic drive toward Pokhara, covering approximately 200 km over 6 – 8 hours by road. Starting from Kathmandu at an elevation of around 1,400 meters, the journey gradually descends to Pokhara at 822 meters, offering ever-changing landscapes along the way.

The drive follows winding mountain highways alongside the Trishuli River, passing through picturesque hills, terraced farmlands, traditional villages, and vibrant roadside towns. Along the route, travelers can experience the beauty of Nepal's countryside and observe the daily lifestyle of local communities. As we approach Pokhara, the atmosphere becomes more peaceful, with stunning views of the Annapurna range welcoming us to Nepal's beautiful lakeside city and gateway to the Himalayas. Overnight stay at a hotel.

▯ **Day 4: Drive to Nayapul and Trek to Ghandruk (1,940 m) : Walking Distance: 10 – 12 km | 4 – 5 hours**

Leaving the peaceful lakeside city of Pokhara behind, we begin our journey toward the Annapurna region with a scenic drive to Nayapul, the gateway to the trek. The drive covers approximately 42 km and takes around 1.5–2 hours, passing through rolling countryside, river valleys, and traditional hillside villages.

From Nayapul (1,070 m), we set out on a rewarding 10 – 12 km trek through terraced farmlands, lush forests, and charming local settlements en route to Ghandruk (1,940 m), taking approximately 4 – 5 hours. Along the way, breathtaking views of Annapurna South, Hiunchuli, and the iconic Machhapuchhre (Fishtail) accompany us throughout the journey.

Upon arrival in Ghandruk, we settle into a traditional teahouse for an overnight stay, where warm hospitality, local cuisine, and the serene mountain atmosphere provide a truly authentic Himalayan trekking experience.

▯ **Day 5: Trek from Ghandruk to Tadapani (2,590 m): Walking distance : 7 – 9 km | 4 – 5 hours**

From Ghandruk (1,940 m), we continue our trek toward Tadapani (2,590 m) on a scenic uphill trail that winds through dense rhododendron forests, peaceful woodland paths, and rich Himalayan terrain. This section offers a true immersion into nature, with moments where the trail opens to reveal sweeping views of the Annapurna and Machhapuchhre ranges.

The ascent is steady and rewarding, gradually gaining elevation while maintaining a balance of adventure and tranquility. The route is known for its natural beauty and serene atmosphere, making it one of the most enjoyable segments of the Annapurna region.

The trek covers approximately 7 – 9 km and takes around 4–5 hours, arriving at Tadapani. Surrounded by thick forest and panoramic mountain scenery, this quiet settlement provides a perfect setting to relax and experience the peaceful rhythm of the Himalayas. Overnight stay at a teahouse.

▯ **Day 6: Trek from Tadapani to Bayeli Kharka (3,420 m): Walking distance: 10 – 11 km | 5 – 6 hours**

Leaving Tadapani (2,590 m), we ascend into a more remote and scenic section of the Annapurna region as we make our way toward Bayeli Kharka (3,420 m), passing through the ridge settlement of Dobato (3,420 m) along the route.

We follow a steadily rising trail through dense rhododendron and oak forests, where the journey gradually opens into expansive ridgelines and increasingly dramatic Himalayan scenery. As we approach Dobato and continue onward, we are rewarded with sweeping views of the Annapurna and Dhaulagiri ranges on clear days, making this one of the most visually striking sections of the trek.

This section covers approximately 10 – 11 km and takes around 5 – 6 hours of trekking, with a consistent and rewarding elevation gain throughout the day.

We arrive at Bayeli Kharka (3,420 m), a peaceful high-altitude pasture set against vast mountain landscapes and open alpine skies. Here, we settle into a teahouse for an overnight stay, surrounded by the quiet beauty and serenity of the high Himalayas.

▯ **Day 7: Trek from Bayeli Kharka to Upper Chistibung (2,975 m): Walking distance: 6 – 7 km | 3 – 4 hours**

We leave Bayeli Kharka (3,420 m) and begin a gradual descent toward Upper Chistibung (approximately 3,000 m), entering a quieter and more forested section of the Annapurna Conservation Area. The trail first passes through open alpine meadows before slowly transitioning into dense rhododendron and bamboo forests, where the atmosphere becomes noticeably cooler and more sheltered.

Along the way, we enjoy a peaceful walking experience through one of the region's more untouched stretches, with the possibility of spotting Himalayan wildlife such as pheasants or

musk deer in the surrounding forest. The trail features a gentle mix of descents and mild undulations, making it a comfortable and scenic trekking day with a strong sense of wilderness.

This section covers approximately 6 – 7 km and takes around 3 – 4 hours of trekking. We arrive at Upper Chistibung, a small and serene settlement set within forested hills, where we settle into a teahouse for an overnight stay. The location offers a calm environment, surrounded by nature and far from busy trails, making it a peaceful stop in the high Himalayas.

▣ **Day 8: Trek to Khopra Ridge (3,660 m): Walking Distance: 6 – 7 km | 4 – 5 hours**

We set out from Upper Chistibung (3,000 m), beginning a steady and scenic ascent toward the breathtaking Khopra Ridge (3,660 m), as we move deeper into the high alpine landscape of the Annapurna region. The trail climbs gradually through open grasslands and rugged terrain before reaching exposed ridgelines that open up increasingly vast Himalayan views.

We continue along a peaceful mountain path where the surroundings become more dramatic with every step. As we gain elevation, the air turns crisp and the wilderness more pronounced, offering a strong sense of solitude and high-altitude adventure.

The trek covers approximately 6 – 7 km and takes around 4 – 5 hours, with a consistent uphill climb throughout the journey.

We arrive at Khopra Ridge (3,660 m), a spectacular viewpoint known for its wide 360-degree Himalayan panorama. From here, we take in stunning views of Dhaulagiri, Annapurna South, Nilgiri, and Machhapuchhre, making it one of the most memorable ridge experiences in the Annapurna region. Overnight stay at a teahouse.

▣ **Day 9: Trek from Khopra Ridge to Swanta (2,220 m): Walking distance: 9 – 11 km | 5 – 6 hours**

We begin our descent from Khopra Ridge (3,660 m), leaving behind the high alpine panoramas and gradually entering a greener, forested landscape as we make our way toward Swanta (2,220 m). The trail initially follows open ridgelines before easing into dense rhododendron and oak forests, where the environment becomes more sheltered and rich in natural beauty.

We continue along a long and varied downhill route with a mix of steady descents and gentle undulating sections. Along the way, we pass through quiet forest paths and traditional grazing areas, offering a closer glimpse of rural Himalayan life and the changing ecosystems of the region.

The trek covers approximately 9 – 11 km and takes around 5 – 6 hours, involving a significant descent from the high ridges down to the mid-hill villages.

We arrive at Swanta, a peaceful village surrounded by terraced fields and forested hills. Here, we settle into a teahouse for an overnight stay, enjoying warm local hospitality and a calm atmosphere in the lower Himalayan foothills.

▮ **Day 10: Trek from Swanta to Ghorepani (2,874m): Walking Distance: 9 – 11 km | 5 – 6 hours**

Setting out from Swanta (2,220 m), we make a steady ascent toward the lively mountain village of Ghorepani (2,874 m), re-entering the beautiful forested landscapes of the Annapurna region. The trail climbs gradually through terraced fields and traditional settlements before entering dense rhododendron and oak forests.

We continue along a consistent uphill route featuring stone steps, forest paths, and occasional ridge sections. The terrain remains varied but steadily gains elevation, offering a rewarding trekking experience as the surroundings become greener and more alpine. Along the way, brief openings in the forest provide glimpses of distant Himalayan peaks and refreshing mountain air.

The trek covers approximately 9 – 11 km and takes around 5 – 6 hours, with a total elevation gain of about 650 meters.

We arrive at Ghorepani, a vibrant Himalayan settlement known for its panoramic viewpoints and welcoming teahouses. Here, we settle into our lodge for an overnight stay, preparing for the early morning hike to Poon Hill for unforgettable sunrise views over the Himalayas.

▮ **Day 11: Hike to Poonhill and Trek to Tikhedhunga (1,570 m): 12 – 14 km | 6 – 7 hours**

Early in the morning, we hike up to the famous Poon Hill (3,210 m), one of the most spectacular viewpoints in the Annapurna region. The short but rewarding climb takes us through stone steps and forested trails, leading to a breathtaking sunrise panorama over the Himalayas, including Dhaulagiri, Annapurna South, Machhapuchhre (Fishtail), and surrounding peaks.

After enjoying the views, we descend back to Ghorepani for breakfast before continuing our trek toward Tikhedhunga. The trail then descends steadily through dense rhododendron forests, traditional villages, and long stone staircases, offering a scenic and immersive journey into the lower foothills.

The day covers approximately 12 – 14 km in total (including the Poon Hill hike and descent trek) and takes around 6 – 7 hours, with a significant drop in elevation as we move down toward the valley.

We arrive at Tikhedhunga, a peaceful riverside settlement, where we settle into a teahouse for an overnight stay and enjoy a relaxing evening after a memorable day in the Himalayas.

▮ **Day 12: Trek to Nayapul and Drive to Pokhara (822 m): Walking Distance: 8 – 9 km | 3 – 4 hours**

We begin our final day of trekking from Tikhedhunga (1,540 m), descending toward Nayapul (1,070 m) through the lower foothills of the Annapurna region. The trail winds through terraced fields, small villages, and lush river valleys, offering a relaxed and scenic walking experience as we gradually leave the mountain landscape behind.

The trekking distance covers approximately 8 – 9 km and takes around 3 – 4 hours, mostly downhill with a gentle descent of about 450 meters in elevation.

Upon reaching Nayapul, we meet our vehicle and begin the drive back to Pokhara, which takes approximately 1.5 – 2 hours. The route passes through charming countryside, riverside scenery, and rural settlements, providing a comfortable and scenic transition back to the city.

We arrive in Pokhara (822 m), marking the end of our Annapurna trekking journey, with the peaceful lakeside atmosphere offering a perfect place to relax and reflect on the experience. Overnight Stay at a hotel.

▮ **Day 13: Drive from Pokhara to Kathmandu (1,400 m): 200 – 210 km | 6 – 8 hours**

We begin our return journey from Pokhara, leaving behind the serene lakeside atmosphere as we drive back toward Kathmandu. The drive covers approximately 200–210 km and takes around 6 – 8 hours, depending on road conditions and traffic.

The route follows the scenic Prithvi Highway, winding along rivers, terraced hills, and charming roadside settlements. As we ascend gradually toward the capital, the landscape transitions from tranquil valleys to bustling towns, offering a final glimpse of Nepal's diverse countryside.

We arrive in Kathmandu by late afternoon or evening, marking the end of the journey with memorable experiences from the Himalayas and the Annapurna trekking region. Overnight stay at a hotel.

▮ **Day 14: Departure Day**

Today marks the completion of your Khopra Ridge Trek. Depending on your flight schedule, you will be transferred from your hotel in Kathmandu (1,400 m / 4,593 ft) to Tribhuvan International Airport for your onward departure.

As you leave Nepal, we hope you take with you unforgettable memories of the Khopra Ridge Trek, its stunning Himalayan viewpoints, peaceful alpine trails, remote mountain villages, and the warm hospitality experienced along the way. Thank you for being part of this journey, and we look forward to welcoming you again for future adventures in Nepal.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu and Pokhara (twin sharing basis) with breakfast
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Annapurna Conservation Area Permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadvise, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.