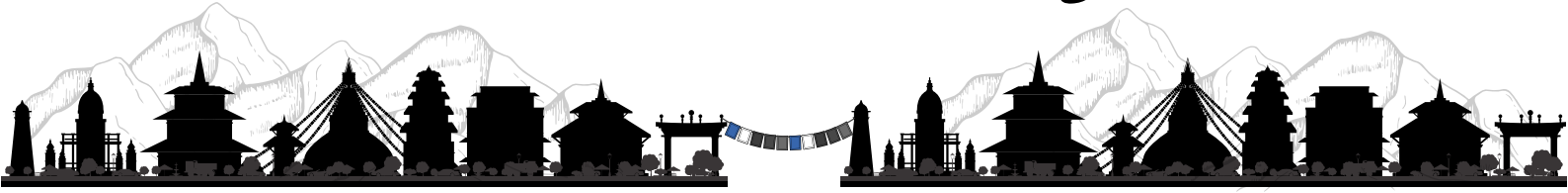


Khopra Danda with Mustang Trek Itinerary



Day 1



Day 1: Pokhara → Drive to Ghandruk (1,940 m) Trek to Tadapani (2,630 m)

- Drive: 3 hours (about 60 km by jeep)
- Trek Duration: 4–5 hours
- Trek Distance: ~9 km
- Elevation: 2,630 m

Description:

- Morning drive from Pokhara to Ghandruk. After a short exploration of the traditional Gurung village, begin trekking through stone steps and lush rhododendron forests. Gradual ascent leads to Tadapani with beautiful mountain views along the way.



Day 2



Day 2: Tadapani → Trek to Dobato (3,350 m)

- Trek Duration: 7-8 hours
- Trek Distance: ~7–8 km
- Elevation: 3,350 m

Description:

- The trail climbs steadily through dense forests of oak and rhododendron. A quiet and less-crowded route, ideal for acclimatization. Evening offers stunning sunset views over Dhaulagiri and the Annapurna range from Dobato.



Day 3



Day 3: Dobato → Khopra Danda (3,660 m)

- Trek Duration: 5–6 hours
- Trek Distance: ~6–7 km
- Elevation: 3,660 m

Description:

- The trek follows alpine ridges and open pastures, gradually gaining altitude as the landscape opens up with expansive views of Annapurna South, Dhaulagiri, Machhapuchhre, and Nilgiri along the way. Khopra Danda sits dramatically on a ridge above deep valleys, offering breathtaking panoramic Himalayan views and a peaceful, remote atmosphere.





Day 4



Day 4: Khopra Danda → Khayar Lake (4,660 m) → Khopra Danda

- Trek Duration: 7–8 hours (round trip)
- Trek Distance: ~12 km
- Max Elevation: 4,660 m

Description:

- A challenging but rewarding day hike to the sacred Khayar Lake, revered by local communities. The trail ascends through high alpine terrain and grazing lands, offering close-up views of Annapurna South. Thin air makes the hike demanding, but the serene glacial lake and surrounding peaks make it unforgettable. Return to Khopra Danda for overnight rest.

Day 5: Khopra Danda → Paudwar (1,800 m)

- Trek Duration: 6–7 hours
- Trek Distance: ~9–10 km
- Elevation: 1,800 m

Description:

- A long descent through forests and traditional villages. The trail passes through Chistibung and continues downhill toward the Kali Gandaki valley. Paudwar is a small settlement near Jomsom, offering a quieter alternative to the busier trekking hubs.



Day 5





Day 6



Day 6: Paudwar → Tatopani → Marpha (2,670 m)

- Drive duration: 3-4 hours
- Distance: ~6-7 km
- Elevation: 2,670 m

Description:

- The day starts with a drive from Paudwar to Tatopani along the Kali Gandaki valley, passing open landscapes and small settlements shaped by wind and river. From Tatopani, continue by taxi toward Marpha through the wide Mustang valley. Marpha is known for its whitewashed houses, apple orchards, and monasteries. The afternoon is free to explore the village and enjoy local apple products.

Day 7: Marpha → Muktinath (3,800 m)

- Drive Duration: 1-2 hours
- Distance: ~14 km
- Elevation: 3,800 m

Description:

- Travel north through the arid trans-Himalayan landscape toward Muktinath. The scenery shifts dramatically from green hills to desert-like terrain. Muktinath is a sacred pilgrimage site for both Hindus and Buddhists, set beneath Thorong La and Nilgiri peaks. Visit Muktinath Temple, the 108 water spouts, and monastery with the eternal flame.



Day 7





Day 8



Day 8: Explore Muktinath

Description:

- Optional short hikes around the village offer views of Dhaulagiri, Nilgiri, and the Mustang plateau. You can also consider scenic day hike through the traditional villages of Jharkot, and Jhong in the circuit trek route offering insight into local Mustang life. The trail passes ancient monasteries, chortens, and stone houses set against the arid trans-Himalayan landscape. And return back to Muktinath.

Day 9: Muktinath → Pokhara

- Drive Duration: 7–9 hours

Description:

- Scenic drive back to Pokhara via Jomsom, following the Kali Gandaki River. Pass through dramatic gorges, windswept valleys, and traditional Mustang villages before returning to the lakeside city of Pokhara.



Day 9



Packing Essentials – Khopra Ridge & Khayer Lake Trek (Winter)

Clothing (Layering is key)

Base Layers (preferably Moisture-wicking)

- 2–3 thermal tops (merino or synthetic)
- 2 thermal bottoms

Mid Layers (Insulation)

- 1 fleece jacket or pullover
- 1 insulated down jacket (very important for Khopra Ridge nights)
- 1 lightweight sweater (optional)

Outer Layers (Protection)

- 1 waterproof & windproof jacket (Gore-Tex or similar)
- 1 waterproof pants / shell pants

Trekking Pants & Tops

- 2 trekking pants (quick-dry)
- 2–3 long-sleeve trekking tops
- 1 warm thermals (helps for night)

Cold Weather Accessories

- Warm beanie / wool hat
- Neck gaiter or buff
- Insulated gloves (waterproof preferred)
- Inner liner gloves
- Thermal socks (3–4 pairs)

Footwear

- Waterproof trekking boots (already broken in)
- Warm trekking socks
- Lightweight sandals or lodge shoes
- Optional (snow conditions): microspikes / crampons

Backpack & Storage

- Trekking backpack (40–50 L)
- Rain cover for backpack
- Dry bags / zip-locks for clothes & electronics
- Small daypack (if porter is used)

Sleeping & Comfort

- Sleeping bag (rated -5°C to -10°C) (not compulsory, but only recommended if you feel very cold, especially for Khopra Ridge and higher elevations)
- Sleeping bag liner (adds extra warmth and hygiene)
- Earplugs (lodges can be noisy)



Hydration & Nutrition

- Reusable water bottles (at least 1 liter), preferably thermos flask (hot water is a lifesaver in winter)
- Water purification tablets / filter
- Energy bars, nuts, chocolate
- Electrolyte powder

Personal & Toiletries

- Sunscreen (SPF 50)
- Lip balm with SPF
- Moisturizer (cold & dry air)
- Hand sanitizer
- Wet wipes
- Toilet paper (carry your own)
- Small quick-dry towel

First Aid & Health

- Personal medications
- Diamox (only if prescribed)
- Pain relief tablets
- Blister treatment (Compeed / moleskin)
- Band-aids & antiseptic cream
- ORS packets

Gear & Accessories

- UV-protection sunglasses
- Trekking poles (very helpful on snow & descents)
- Headlamp (with extra batteries)
- Power bank (cold drains battery fast)
- Documents & Money
- Passport
- Travel insurance (covers altitude up to 5,000 m)
- Cash (no ATMs after Pokhara)

Winter-Specific Extras (Highly Recommended)

- Heat packs (hand/foot warmers)
- Warm socks for teahouse
- Lightweight crampons (if snowing, raining or winter)
- Thermal flask cover (keeps water from freezing)

⚠ Winter Trek Notes (Important)

- Night temperatures at Khopra Ridge can drop to -10°C or lower
- Snow is possible between Dobato–Khopra–Khayer Lake
- Start early on Khayer Lake day
- Keep electronics inside sleeping bag at night

