Mohare Danda and Khopra Danda Trek: Two Quiet Ridges facing Dhaulagiri

Before you go · last checked on 31 October 2026

At a glance

Days	13 days, Kathmandu to Kathmandu
Highest point	4,600 m (Khopra Danda)
Grade	Moderate
Starts	Kathmandu
Ends	Kathmandu
Best season	Spring and Autumn
Sleeping	Community lodges and village homes

Is this walk for you?

It suits you if:

- You want quiet ridges and big mountains, away from the crowds.
- You are new to altitude and want a gentle climb.
- You are happy with simple community lodges.
- You can walk 5 to 6 hours a day for ten days.

Think twice if:

- You want comfortable lodges with hot showers every night.
- You want to stand at a famous base camp.
- You want many Buddhist monasteries: these are mostly Magar and Gurung villages.
- You have only a week.

The honest downsides

- The lodges are simple: shared rooms, shared toilets, cold nights on the ridges.
- Fewer lodges means less choice; in spring and autumn it is worth writing ahead.
- The roads to Galeshwor and from Tatopani are rough in places.
- The mountains are often in cloud after mid-morning, especially in spring.
- Khayar Lake is a long, high day; we turn back if anyone feels unwell.

When to walk it

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Cold	Good	Best	Best	Good	Wet	Wet	Wet	Wet	Best	Best	Good

In winter the ridges can have frost and snow, and the walk to Khayar Lake may not be possible. In the monsoon the trail is muddy and the mountains hidden.

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Conditions change. Latest version: https://rujans.com/trekking/adventure-treks/mohare-danda-khopra-danda-trek/

Permits and papers

The Annapurna Conservation Area permit is needed, at the official price. I arrange it with you before we leave Pokhara. Carry your passport and two photos.

- [ ] Passport, valid for at least six months, and a copy
- [ ] Your Nepal visa
- [ ] Passport photos for the permits
- [ ] Travel insurance that covers trekking at this altitude and helicopter rescue

For your budget

My guide fee for this walk is about $ 35 a day, the same for 1 to 5 people.

A porter, if you hire one: about the same as a guide's day rate. Permits, transport, rooms and meals are paid separately, at cost.

What	Paid to	About	Note
Guide (me)	Rujan Neupane	My day rate × 13 days	One rate for 1 to 5 people
Annapurna Conservation Area permit	The conservation area (ACAP)	Official price	Paid at cost
Road Kathmandu–Pokhara and back	The driver, the bus or the airline	Agreed before the trek	Paid at cost
Jeeps Pokhara–Galeshwor and Tatopani–Pokhara	The jeep owners	Agreed before the trek	Paid at cost
Hot springs at Tatopani	The springs	Their small fee	Paid at cost
Porter, if you want one	The porter	His day rate	Paid to him
Lodges, homestays and meals	Families on the trail	What they charge	You pay them directly; I never add anything

What to pack

MODERATE GRADE PACKING LIST

For multi-day mountain treks reaching up to about 5,500 m with gradual elevation gain.

General

- [ ] Daypack: 30L–35L capacity
- [ ] Duffel bag: 60L–70L waterproof duffel bag
- [ ] Sleeping bag: 3-Season bag rated to 0°C / -5°C
- [ ] Trekking poles: Adjustable aluminum/carbon poles
- [ ] Headlamp: 200+ lumen headlamp with extra batteries
- [ ] Hydration: 2x 1L water bottles or hydration bladder
- [ ] Water treatment: Purification tablets or portable filter

Head & Face

- [ ] Sun hat & Warm beanie: Both sun cap and fleece beanie
- [ ] Sunglasses: UV400 protective sunglasses
- [ ] Buff / Scarf: Neck gaiter for wind and dust protection
- [ ] Sunscreen & Lip balm: SPF 50+ sunscreen and SPF lip balm

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Upper Body

- [ ] Base layers: 2–3x Long-sleeve thermal/merino tops
- [ ] Mid-layer: Fleece jacket or lightweight synthetic down
- [ ] Down jacket: Medium-weight down jacket
- [ ] Outer shell: Waterproof/windproof hard shell jacket

Hand & Lower Body

- [ ] Gloves: Lightweight windproof fleece gloves
- [ ] Base layer bottoms: 1x Thermal tights
- [ ] Trekking pants: 2x Quick-dry softshell trekking pants
- [ ] Shell pants: Lightweight waterproof overpants

Footwear

- [ ] Footwear: Mid-cut waterproof trekking boots (broken-in)
- [ ] Camp shoes: Light sandals or trail sneakers
- [ ] Socks: 4x Merino wool trekking socks

Backpack, Electronics & Care

- [ ] Gear org: Rain cover and waterproof dry bags
- [ ] Docs & Cash: Permits, insurance, & local cash
- [ ] Electronics: Phone, camera, & 10,000–20,000 mAh power bank
- [ ] Toiletries: Travel kit, quick-dry towel, & sanitizing wipes
- [ ] Medical: First-aid kit, blister plasters, & altitude consult meds

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