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

Safety plan · last checked on 31 October 2026

## Who to call

- Rujan Neupane, licensed trekking guide: +977 984-3808583 (phone and WhatsApp)
- Email: rujanneupane@gmail.com

| Emergency in Nepal | Number |
|---|---|
| Police | 100 |
| Tourist Police (English spoken) | 1144 |
| Ambulance | 102 |
| Fire | 101 |

Fill in before you leave:

Insurance company _____

Policy number _____

Insurer 24-hour emergency number _____

Your embassy in Kathmandu _____

Family contact (name, phone) _____

## The altitude plan for this route

For every night above 3,000 m: where we go down to if someone feels unwell and does not get better with rest.

| Day | Night at | Altitude | If unwell, go down to |
|---|---|---|---|
| 4 | Mohare Danda | 3,300 m | Nangi, 2,300 m, 3 hours down |
| 5 | A day on Mohare Danda | 3,300 m | Nangi, 2,300 m, 3 hours down |
| 6 | Dobato | 3,420 m | Mohare Danda, 3,300 m, 4 hours back |
| 8 | Khopra Danda | 3,660 m | Chistibung, 2,975 m, 3 hours down |
| 9 | Khopra | 3,660 m | Chistibung, 2,975 m, 3 hours down |

## Warning signs

Altitude sickness (AMS): headache, sickness or no appetite, unusual tiredness, dizziness, bad sleep. Stop going up; rest at the same height until it passes.

Brain swelling (HACE), an emergency: confusion, strange behaviour, stumbling or loss of balance, a severe headache that does not ease, very sleepy. Go down at once, even at night.

Fluid in the lungs (HAPE), an emergency: out of breath at rest, a cough that does not stop, a gurgling chest, much weaker than the others. Go down at once and get help.

The golden rules: walk slowly; never go higher with symptoms; if they get worse, go down. Going down is the best treatment.

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## Every day on the trail

- Each morning and evening I ask how you feel: your head, breathing, appetite and sleep. Please tell me the truth; a hidden headache can become a problem.
- We drink enough, eat well, and keep the pace slow.
- We decide together, every day, whether to go on, rest or go down.

## Helicopter rescue, honestly

A helicopter is for real emergencies, when walking down is not possible or not safe. It is arranged through your insurer. Never let anyone push you into a helicopter you do not need, and never agree to pretend to be ill. If you are unsure, call your insurer's emergency number yourself first.

## Risks on this trek

- 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.

## My card (fill in by hand; it stays on paper)

Name _____

Blood group _____

Allergies _____

Medicines I take _____

Health conditions _____

Emergency contact _____

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