



KOPRA RIDGE



COUNTRIES VISITED: **NEPAL**

TRIP TYPE: Trekking

TRIP GRADE: Moderate

TRIP STYLE: Tea House

5 Based On 4 Reviews

KG Carbon Footprint

TRIP LEADER: Local Leader

GROUP SIZE: 2 - 10 people

NEXT DEPARTURE: 29 Sep 2024

6 Trees Planted for each Booking

Kopra Ridge is one of the best short treks in Nepal. This is a classic Nepal trekking experience with varied landscape and mountain views.

Kopra Ridge trek, or often called Khopra Ridge trek, is away from the busier trails of Annapurna region of Nepal. More popular treks are [Annapurna Circuit](#) or [Annapurna Base Camp](#). For four nights of the itinerary you stay in community lodges set up by local villagers. We included this trek in our choice of [7 Best Annapurna Treks in Nepal](#).

The mountain views of the Himalayas from Kopra Ridge are sensational. You see the seventh highest mountain in the world, Mount Dhaulagiri, at a height of 8,167m. You also see Annapurna South, Fang and Nilgiri. From Ghandruk you see Mount Machhapuchhre (also known as Fishtail) and Mount Hiunchuli.

We start the Kopra Ridge itinerary by taking the flight from Kathmandu to Pokhara. From the right side of the plane you get your first views of the Himalayas. For the first two days of the trek we follow the popular trails of the Annapurna foothills. We pass through terraced fields, rhododendron forests and Gurung villages to Ghandruk.

After Tadapani we leave the main trekking trail and for the next five days we walk along a quieter trail. Our highest lodge is at Khopra Ridge at 3,660m. It is well worth getting up early before breakfast to see

the sunrise across the Himalayan peaks. From the lodge we organise a day walk and do the Kaire Lake trek. This is often called Khayar Lake or Khayer Lake trek too. It is a long walk up to Kaire lake and possible to do only if you have an early start. As we ascend the views of the Fang and surrounding Annapurna mountains are very impressive.

In the afternoon after our day walk we descend to Upper Chistibung lodge. On the descent to Swanta we hike through oak forest and rhododendrons. After a night at this village we walk up to the popular viewpoint of Poon Hill near Ghorepani and then descend to Ulleri. The next day is our last one trekking where we walk out to Nayapool. We meet our private transport for the drive back to Pokhara.

REASONS TO CHOOSE US

- We are Himalayan trekking specialists having operated trips in Nepal for many years. [Roland Hunter](#) has designed the itinerary from his first-hand experience of this trek.
- We include all meals at the teahouse lodges (breakfast, lunch, afternoon tea, and dinner) while on the trek. Importantly, we clearly define what dishes and drinks we provide so there is no confusion in terms of what is allowed. Given the amount of food and drinks we include, there should be no need to spend any extra money on additional food.
- Our [AITO Traveller Reviews for Kopra Ridge](#) have a holiday rating of 100%. Based on client feedback we won the 2018 Gold Award as AITO Tour Operator of the Year. Read more about our [Testimonials and Awards](#).
- We review weather forecasts in the Annapurna throughout the duration of this trek.
- We send a Thuraya satellite phone on our group treks in Nepal. Your leader will have reliable communications for logistics, planning, and group safety.
- We provide the porters with windproof jackets & trousers and shelter. We follow International Porter Protection Group ("IPPG") guidelines.
- We bring a comprehensive medical aid kit.
- Our team with first-hand knowledge of this trek provides pre-trip support. During high season we have someone from our UK Operations team based in Kathmandu.

WHAT'S INCLUDED

- All internal transport and transfers including airport collections.
- Internal flights. The flights are Kathmandu - Pokhara - Kathmandu. The weight allowance is 15kg for your main bag checked into the hold and 5kg for your day pack.
- One day sightseeing in Kathmandu with a Nepalese cultural guide and private vehicle including all entry tickets.
- Twin-share room at Hotel Ambassador in Kathmandu and Mount Kailash Resort in Pokhara.
- Twin-share bedroom with a common bathroom while on the trek.
- All meals are included while on the trek. Breakfast only in Kathmandu and Pokhara. In total for Kopra Ridge, we provide 13 Breakfasts, 10 Lunches, and 9 Dinners. The meals at the teahouse lodges cost in the region of **£250 (US\$315)** per person. You can select your dishes from the menu at the lodge. The trek meals are breakfast, lunch, afternoon tea, and dinner. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast. Lunch includes one dish such as fried rice, dal bhat, momos, or pasta. For afternoon tea, you get a hot drink plus biscuits. Dinner is two courses including soup and the main dish chosen by you from the menu. You are allowed two cups of hot drinks per meal so this means a total of seven cups per day.
- All meals are included while on the trek. You can select your dishes from the menu at the lodge. The trek meals are breakfast, lunch, afternoon tea, and dinner. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast. Lunch includes one dish such as fried rice, dal bhat, momos, or pasta. For afternoon tea, you get a hot drink plus biscuits. Dinner is two courses including soup and the main dish chosen by you from the menu. You are allowed two cups of hot drinks per meal so this means a total of seven cups per day.
- Trekking arrangements. Including permits and fees, tents, Nepalese guide(s), and porter(s). We provide one trekking guide for a group size of two people. We provide two guides for a group size of three people and three guides for a group size of six people plus.
- Porters to carry your main bag. The porterage allowance is 15kg.
- Weather forecasts in the Annapurna region during your trek.
- Thuraya satellite phone for organising logistics and medical evacuations. It can also be also used for personal calls at extra cost.

- A trekking map is given to you on arrival in Kathmandu.
- UK-registered charity, Pipal Tree, will plant 6 trees for you in the Gurkha Memorial Forest in southern Nepal.
- Full financial protection for bookings from the UK (ATOL) and internationally (ABTOT). Our Air Travel Organiser's Licence (ATOL) number is 10921. Our Association of Bonded Travel Operators Trust (ABTOT) membership number is 5365).
- Pre-departure support and advice from The Mountain Company. We are available by email, phone, Zoom or face-to-face meetings.

WHAT'S NOT INCLUDED

- International flight to/from Kathmandu.
- Travel & trekking insurance.
- Nepal visa for 30 days at US\$50 (approx £40).
- Lunch and evening meals in Kathmandu.
- For personal clothing & equipment, please see the Appendix for the suggested kit list.
- Tips to the trek crew. Each trekker should budget for giving tips into the group fund. This should be in the region of 8,000 Nepalese rupees (approx. £50 or US\$65).
- Other items not listed in "What is included".

ITINERARY

DAY 1: ARRIVE IN KATHMANDU (1,400M)

Arrival in Kathmandu

No meals

Hotel Ambassador in Kathmandu

Flying into Kathmandu on a clear day is in itself an unforgettable experience. The Himalayan peaks are only a short distance north of the capital of Nepal as seen from the plane. After customs, you will pass into the passenger pick-up area outside the building. You will see a Mountain Company signboard. Our representative will be waiting to welcome you to Nepal.

After transferring to your hotel we will give you a full trek briefing. The rest of the day will be yours to explore Kathmandu and to make final preparations for the trek. You will hear the Nepalese word for hello 'Namaste', you will never forget that word after this holiday.

DAY 2: KATHMANDU SIGHTSEEING

Sightseeing in Kathmandu

Breakfast

Hotel Ambassador in Kathmandu

This is a one day guided sightseeing tour of the Kathmandu Valley. We visit three out of the seven World Heritage Sites. You start off by visiting Patan Durbar Square. Afterwards you drive to the Buddhist stupa at Boudhanath. The last stop of the day at the Hindu shrine of Pashupatinath. The tour is likely to finish around 4pm and the rest of the day is free to further explore Kathmandu.

Three major towns in the valley, Kathmandu, Patan and Bhaktapur. Each place has great artistic and architectural traditions. Kathmandu is the capital and the largest city in the country. Patan, the second

largest separated from Kathmandu by Bagmati river. Bhaktapur, the third largest, is towards the eastern end of the valley. Its relative isolation reflected in its slower pace and more medieval atmosphere. In Kathmandu there is a bustle of activity especially in the bazaars and markets. While the city has expanded over the last 10 years it is still possible to see traditional buildings and temples.

DAY 3: FLY TO POKHARA, DRIVE TO LUMLE (1,494M) AND TREK TO SHYAULI BAZAAR (1,220M)

Fly to Pokhara

Drive to Lumle (1 hour)

Walking 5km (3 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

After breakfast, we take the morning flight to Pokhara. On arrival, you will drive for about an hour from Pokhara along the Seti River valley to the trek start point. This starts from a corner in the road at Lumle. The path follows through forest in the lower foothills of the Annapurnas. There are good views of the mountains at the head of the valley and of Modi Khola far below.

The trail passes through Tomijung known as the bee village. This is due to the old-style bee hives attached to the side of the traditional houses. There are fields nearby growing rice and maize as well as a variety of vegetables. Descending from Tomijung we cross the suspension bridge over the Modi river. From here it is a short walk along the jeep track to Shyauli Bazaar.

During the months of April, May, and October it will be hot and humid during the first days of this trek at a low altitude. It is important to bring plenty of water, wear a sun hat and apply sun cream.

Important note: there is a safety risk to consider when flying on airlines in Nepal. If you would like to avoid the flight from Kathmandu to Pokhara there is an option to drive and this takes about 6 to 7 hours (depending on the traffic). There are also safety considerations with driving in Nepal as the roads are busy and road traffic accidents happened from time to time. For information about the aviation risk in Nepal read the relevant sections "Threat and Risk Assessment" and "Internal flights in Nepal". Please get in touch with us if you would like to discuss this further.

DAY 4: TREK TO GHANDRUK (1,920M)

Walking 7km (3 to 4 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

After breakfast we turn off near Shyauli Bazaar and follow local trails uphill away from the road. The path passes through fields and sections through bamboo, rhododendron and oak trees. You will observe daily life in the hills of Nepal as you pass through. There are traditional houses in hamlets and attractive villages such as Tikhyang. After 3 hours you pass through the village of Kimche (1,640m) where we may stop to eat our pack lunch.

There is a further two walk to Ghandruk contouring through terraced fields. We walk along a short section of jeep track then ascend the stone steps into the village. This has the headquarters of the Annapurna Conservation Area Project "(ACAP)". There are many retired British and India Gurkhas living in and around Ghandruk. From the village there are fine views of the Himalayas. You can see Annapurna South, Hiunchuli and Hiunchuli. You can also see the impressive Mount Machhapuchhre, known as Fishtail, at an altitude of

6,993m.

DAY 5: TREK TO TADAPANI (2,590M)

Walking 5.5km (4 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

From Ghandruk we walk upwards to a place called Deorali. Higher up we pass through mature stands of rhododendron forests. This section of the trail is very colourful when in flower during Spring. Rhododendron in Nepalese language is laligurans. This is the national flower of Nepal. We continue hiking uphill and over a small pass to the cluster of lodges at Tadapani.

DAY 6: TREK TO BAYELI KHARKA (3,420M)

Walking 6.5km (5 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

Shortly after Tadapani we leave the [Annapurna Base Camp](#) trail to walk on a less busy trail to Kopra. Local villagers follow this path to take their sheep and goats to the higher pastures in the summer months. The trail starts through rhododendron and oak forest. We often see langur monkeys swinging in the trees on this section. After a while we ascend above the tree line and follow a ridge to Deurali (small pass). We continue up to Bayeli Kharka where we stay at the first community lodge. From the lodge the main view to West is Mount Dhaulagiri.

DAY 7: TREK TO UPPER CHISTIBUNG (2,975M)

Walking 7km (4 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

From the lodge we walk on a grassy slope and traverses through pasture. There are herder's huts and dzo grazing (crossbred cow and yak). We often see the colourful Danphe pheasant and this is the national bird of Nepal. There are often Himalayan tahr on the grassy ridge high above the trail.

We descend through the trees to Upper Chistibung lodge. This is at a lower altitude than Bayeli Kharka where we slept last night. For acclimatisation we do not walk to Kopra Ridge lodge today as this would be too high in altitude. Upper Chistibung is a lovely lodge and is popular with groups as less busy than Kopra Ridge lodge.

DAY 8: TREK TO KOPRA RIDGE (3,660M)

Walking 1.5km (2 hours walking)

Breakfast, Lunch and Dinner

Teahouse lodge

In the morning we have steady ascent through alpine meadows and pastures. As one approaches Kopra Ridge one sees the tip of Annapurna South. It is only on arrival at the lodge that we can see the full mountain panorama. The view is very impressive and is one of the best in Nepal. You can see Mount Dhaulagiri, Nilgiri, Fang and Annapurna South. After lunch you can explore around the lodge. If you walk a short distance down you can see the Kali Gandaki river far below in this deep valley. If you walk up the slopes behind the lodge the mountain views are even more impressive.

DAY 9: DAY WALK FROM KOPRA RIDGE, DESCEND TO UPPER CHISTIBUNG

Towards Kaire Lake

Walking down to Upper Chistibung 1.5km (1 hour)

Breakfast, Lunch and Dinner

Teahouse lodge

Today we organise a day walk from Kopra Ridge towards Kaire Lake at an altitude of 4,665m. It is a long hike up to Kaire Lake only possible if you have an early start. The views of the Fang and surrounding mountains are superb. For those of you not wanting to walk to the lake we can organise a half day walk from Kopra. After the walk you descend down to the lodge at Upper Chistibung taking about an hour.

DAY 10: TREK TO SWANTA VILLAGE (2,200M)

Walking 5km (4 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

The steep trail down to Swanta passes through lovely forest and pastures. Along the way we get views of Mount Dhaulagiri. This provides an impressive backdrop to the fields and traditional houses in Swanta. It is worth visiting Swanta Primary school. There are two teachers funded by the profits from the community lodges.

DAY 11: TREK TO ULLERI (2,050M)

Walking 11.5km (5 to 6 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

An hour or so after leaving Swanta village we join the main trekking trail to Ghorepani. This makes one appreciate the quieter days walking along the Kopra Ridge. After Ghorepani we descend through rhododendron forest on a steep trail to Ulleri.

DAY 12: TREK TO NAYAPOL, DRIVE TO POKHARA

Walking 10km (5 hours walking)

Drive to Pokhara (1 hour)

Breakfast and Lunch

Mount Kailash Resort in Pokhara

This is our last day on trek where we walk out to Nayapul. We meet our private transport for the drive back to Pokhara. We spend one night in Pokhara beside Lake Phewa before flying back to Kathmandu.

DAY 13: FLY TO KATHMANDU

Flight to Kathmandu

Breakfast

Hotel Ambassador in Kathmandu

Transfer to Pokhara airport for the flight back to Kathmandu. We will meet you at the airport and drive back to the hotel in Kathmandu. You can then spend the rest of the day doing what you please.

DAY 14: FLY HOME

Flight home

Breakfast

Transfer to Kathmandu airport for the flight back home. End of trip.

DATES & PRICES

2024

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
29 Sep 2024 to 12 Oct 2024	Local Leader	US\$2,095pp	US\$240pp / NA	2 Left to Guarantee
06 Oct 2024 to 19 Oct 2024	Local Leader	US\$2,095pp	US\$240pp / NA	2 Left to Guarantee
20 Oct 2024 to 02 Nov 2024	Local Leader	US\$2,095pp	US\$240pp / NA	2 Left to Guarantee
17 Nov 2024 to 30 Nov 2024	Local Leader	US\$2,095pp	US\$240pp / NA	2 Left to Guarantee

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
01 Dec 2024 to 14 Dec 2024	Local Leader	US\$2,095pp	US\$240pp / NA	2 Left to Guarantee

2025

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
16 Mar 2025 to 29 Mar 2025	Local Leader	US\$2,075pp	US\$250pp / NA	2 Left to Guarantee
30 Mar 2025 to 12 Apr 2025	Local Leader	US\$2,075pp	US\$250pp / NA	2 Left to Guarantee
20 Apr 2025 to 03 May 2025	Local Leader	US\$2,075pp	US\$250pp / NA	2 Left to Guarantee
28 Sep 2025 to 11 Oct 2025	Local Leader	US\$2,075pp	US\$250pp / NA	2 Left to Guarantee
05 Oct 2025 to 18 Oct 2025	Local Leader	US\$2,075pp	US\$250pp / NA	2 Left to Guarantee
19 Oct 2025 to 01 Nov 2025	Local Leader	US\$2,075pp	US\$250pp / NA	2 Left to Guarantee
16 Nov 2025 to 29 Nov 2025	Local Leader	US\$2,075pp	US\$250pp / NA	2 Left to Guarantee
30 Nov 2025 to 13 Dec 2025	Local Leader	US\$2,075pp	US\$250pp / NA	2 Left to Guarantee

PRACTICAL INFORMATION

A Typical Day On Trek

TYPICAL DAY ON A TEAHOUSE TREK IN NEPAL

We provide a comfortable experience on our teahouse lodge-style treks. Our team works hard to support you so that you can relax and enjoy [trekking in Nepal](#). The lodges provide your meals in a communal dining room. You will sleep in private rooms with a shared bathroom. There is a range of standards and service in teahouse lodges depending on location. i.e. lodges at higher altitudes and places with fewer trekkers tend to have more basic facilities.

The day starts with getting up in your room shared with another trekker in our group. Before heading for breakfast you pack your overnight gear into your main bag (this could be a duffel, kit bag, or rucksack). You would have given your breakfast orders to the guide to pass onto the kitchen last night. At the designated time the group will assemble in the dining room to eat breakfast. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast plus two cups of hot drinks such as tea, coffee, or lemon ginger honey.

While the group is having breakfast the porters arrange their loads and set off in the cool of the morning. After breakfast, between 7am and 8am, we start walking. The pace of the trek is moderate as there is plenty of time in the itinerary to reach the lodge for tonight. Enjoy the scenery, take photos, and explore the local villages. Lunch will be around midday at a teahouse lodge by the side of the trail. This includes

one dish such as fried rice, dal bhat, momos, or pasta plus two cups of hot drinks.

After lunch, we continue the walk and on most days we arrive at the lodge around mid-afternoon. On arrival, you will get a hot drink and biscuits. For dinner, you get a two-course dinner (soup and main meal). The menus are quite standard with a range of dishes such as dal bhat, momos, and the famous Sherpa stew. Dal bhat is a Nepalese dish of rice and lentils with vegetable curry. It is also possible to order spaghetti and pasta; pizzas; vegetable burgers and chips and fried rice. We also provide up to two cups of hot drinks per meal.

After supper, the leaders will discuss the plan for the next day. Afterward, people might stay in the dining room chatting about the day's events or playing cards. After a tiring day, most people head to their rooms quite early for the night. Tomorrow is likely to be very similar to today!

You can read more about [Teahouse Trekking in Nepal](#) on our Blog. This article explains the facilities available at a teahouse lodge. It also describes the advantages and disadvantages of camping-style treks. Plus the amount to budget for extra costs. We also touch upon what to pack for a teahouse trek, safety, and security plus responsible use of the lodge.

Meal Plan

MEAL PLAN

We include all meals at the teahouse lodges (breakfast, lunch, afternoon tea, and dinner) while on the trek. Importantly, we clearly define what dishes and drinks we provide so there is no confusion in terms of what is allowed. Given the amount of food and drinks we include, there should be no need to spend any extra money on additional food. However, some people will pay for extra treats along the way such as to get cake and a coffee at the bakeries and cafes!

If you are comparing our prices with other operators you should be careful to compare apples with apples. These days many operators do not include meals in their packages when staying at the teahouse lodges. The food at the lodges is expensive and will cost an average of £25 (US\$35) per person per day. If you are paying for the meals directly to the lodges you would need to carry a lot of cash including the tip money too. Having this amount of money with you will be a security risk and for peace of mind, it is better to pay for the meals to us when booking the trip. Also, it will be difficult to know in advance how much cash to bring with you on the trek (there are no ATMs when on trek). Furthermore, in practice, it will be complicated and time-consuming for you and the guides to work out individual bills after checking out each day from the lodge.

With our meal plan, you can select your dishes from the menu at the lodge. In our package, we include the cost of your breakfast, lunch, afternoon tea, and dinner. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast. Lunch includes one dish such as fried rice, dal bhat, momos, or pasta. For afternoon tea, you get a hot drink plus biscuits. Dinner is two courses including soup and the main dish chosen by you from the menu. You are allowed two cups of hot drinks per meal so this means a total of seven cups per day.

We cater to a variety of dietary requirements. There are always meals that are suitable for vegetarians. During booking, we find out if you have any dietary needs and agree upon meal plans before departure. If you have any questions about the food provided please get in touch with us to discuss further.

Communications

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £4 (US\$5 or €4.50) per minute and £2 (US\$3 €4.50) to send and receive SMS text.

Kit List

KIT LIST FOR KOPRA RIDGE

This is the mandatory kit list for the safety of everyone in the group and to ensure a successful trek. You must have the following items tailored for Khopra Ridge and Kaire Lake trek. The group leader will check your gear in Kathmandu before departure for the trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations. At the start of the trek you will experience hot and humid conditions with temperatures up to 25 Celsius. The hottest months are April, May, September and early October. You experience the coldest temperatures at Kopra Ridge at an altitude of 3,660m. Overnight lows can get down to around -8 Celsius. The coldest months are March and late October through to December.

You should bring a rucksack or backpack for gear required during the day. Your pack should contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks. **The weight limit is 5kg.** A porter will carry the rest of your personal equipment packed in a duffel or kit bag. **The weight limit for your duffel bag is 15kg.** Please mark your bag on the outside for easy identification.

Print the kit list and tick items off as you pack them then weigh your kit bag before you come on trek.

Footwear

- Walking Boots. A pair of water repellent boots with ankle support. Boots must be in good condition, the best approach is to get new boots and break in before the trek.
- Trail shoes. Used around lodge.
- Walking socks.
- Gaiters. A pair of knee high gaiters used to keep boots dry if walking through snow or on wet ground.

Clothing

- Waterproof and Windproof jacket (with hood) and trousers (goretex or similar). For use if it rains or snows during the trek and in windy conditions.
- Trekking trousers. (eg. Mountain Hardwear Mesa V2 or The North Face Paramount Peak).
- Long sleeve tops or shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece or synthetic/ primaloft top.
- Sleeveless/ gilet or body warmer type fleece / synthetic top. This will help keep your core warm while not bulking when layering up. Gilet used in combination with base layers, other fleeces and down jacket. This provides the most warmth and insulation.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Medium weight down jacket. Bring for the colder months.

Head and Gloves

- Fleece gloves.
- Wool or fleece hat.
- Sun hat.
- Bandana or scarf (eg. Buff Headwear).
- Head torch. Bring extra batteries.
- Sunglasses. The lenses need to be Category 4 rated. They should have side protection or wraparound design.

Personal equipment

- Sleeping bag. Overnight lows down to -8 Celsius. It is possible to rent a bag from Shonas Rental in Kathmandu.
- Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty. Also helps by adding extra insulation to keep you warm at night.
- Day pack. Recommended size is around 30 litres. You need to have enough space to carry water bottles, camera, snacks and extra clothing. The pack should have a good waist belt. It is also a good idea to bring a rain cover to keep the contents dry.
- Trekking poles (Black Diamond with "Flick Lock" are best). Two poles are mandatory for your safety. These will be helpful on steep sections of the trail and river crossings. Also for walking on snow or ice

higher up.

- Stuff sacks for keeping your gear dry and organised. Or even better are fold dry bags such as from Exped.
- Two water bottles. Nalgene wide mouth bottles are the best. You may use a hydration pack lower down but the tube will freeze in the cold so ensure you still have two water bottles.
- Pee bottle. Recommended as means you do not have to get up to find the toilet tent at night! For men you can use an old water bottle. For women take a look at SheWee.
- Sunscreen and lip salve with a high SPF.
- Water purification tablets (Pristine, Biox Aqua or Aqua Mira).
- Favourite snack food.
- Books and cards etc.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer. Keep this in your day pack for use after a toilet break during the trek or before eating any snacks. We provide sanitizer for use before meals.

Travelling

- Duffel bag for your personal gear on the trek. Will be carried by a porter. Rugged and waterproof made of a plastic material. Size 80-100 litres. Eg. Mountain Equipment or Rab. Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.
- Toiletry bag with soap, travel towel, toilet paper, toothbrush etc.

We provide a [comprehensive group first aid kit](#). Please bring personal medications and other items you might use such as:

- Any personal medications.
- Blister treatment (Compeed patches are the best)
- Rehydration powder (eg Dioralyte).
- Analgesics (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (helps with acclimatisation).

Threat and risk assessment

RISK ASSESSMENT FOR KOPRA RIDGE TREK

You should be aware trekking in a developing country involves a risk of personal injury or death. You must accept these risks and be responsible for your own actions and involvement. Adventure travel requires an open and flexible attitude. You may experience extreme conditions and unpredictable weather. There could be last-minute changes to the itinerary beyond our control. The ability to work in a team is an important aspect of our trips.

We have performed a threat and risk assessment for our Kopra Ridge trek itinerary. Our trips have a degree of risk. This is part of the attraction of adventure travel and why so many people choose to join this type of holiday. By identifying the hazards we assess the level of risk. We have control measures in place to reduce this happening or to reduce the impact.

Our risk assessment is available to clients on request. We have listed below a summary of the significant risks and hazards identified by us:

- Falls and trips resulting in physical injury eg. slipping on ice or falling off the path.
- Altitude illness including but not limited to AMS, HACE, and HAPE.
- Climatic injuries (dehydration, sunburn, heat exhaustion, hypothermia, or heat stroke). Please note during the months of April, May, and October it will be very hot and humid for the first three days of the trek.
- Crossing a river with no bridge resulting in drowning and/ or a fall.
- Rockfall and landslides.

- Snow and ice avalanches.
- Lightning strike.
- Wildlife, pack animals (e.g. donkeys or horses), or stray dogs. Pack animals can knock people off the path. Dogs can attack and bite. Discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel or lodge.
- Endemic local diseases. Discuss vaccinations with your doctor before departure.
- Physiological injury. Such as heart attack, appendicitis, hernia, toothache, etc. in a remote area.
- Road traffic accidents.
- Flight accidents. Read paragraph "Internal flight".
- Contaminated food and/ or water.

This trip visits a remote area. You are away from the usual emergency services and medical facilities. Evacuation for a serious injury requiring hospitalisation could take up to several days. This delay could impede your ensuing recovery. Helicopters are the usual means of evacuation. They are not always available or hindered by poor weather and flying conditions.

Internal Flights

INTERNAL FLIGHTS IN NEPAL

Flights from Nepal's Short Take-Off & Landing ("STOL") airstrips are dependent on weather. Delays often happen if there is poor visibility or high winds. For our itineraries with flights to or from STOL, we include one extra day in Kathmandu at the end of the trip. This is in case of delays flying back. If the delays are longer we will help reschedule your international flights. There is likely to be a fee charged by the airline for this. You also have to pay for costs incurred in Kathmandu as a result of the delay such as accommodation and meals.

You should read the Foreign, Commonwealth, and Development Office ("FCDO") travel advice for Nepal. For their latest advice take a look at their [Safety & Security section under Air Travel](#). There have been some recent air accidents in Nepal. The European Union has banned Nepalese airlines from flying to Europe. For more information on Nepal's air safety profile take a look at [Aviation Safety Network](#).

Weather and conditions

WEATHER AND CONDITIONS FOR KOPRA RIDGE

Khopra Danda and Khayar Lake trek has a wide range of temperatures. This depends on the season, altitude and time of day. In the mountains between 1,000m and 3,500m the nights will be cool around 5 Celsius. During the day temperatures sometimes rise to 25 Celsius. At higher altitudes temperatures range from about 15 Celsius to -8 Celsius.

The trekking season in Nepal is late September to May. October and November is generally recognised as having the best weather. Spring is a popular time of year with warmer weather than in Autumn. Also there is the advantage of seeing spring flowers and rhododendrons in bloom.

We have written a blog article [When is the best time to go trekking in Nepal Himalaya?](#) This has information about the weather and conditions in Spring and Autumn seasons. It also explains the differences between the trekking regions of Nepal.

Suggested reading

SUGGESTED READING AND MAPS FOR ANNA PURNA REGION

Maps

Annapurna Trekking Map by Himalayan Maphouse. Scale: 1:900,000. We include in your welcome pack when you arrive in Nepal. National Geographic Annapurna Trekking 1:135,000.

Books

Annapurna south face. By Chris Bonnington.

Himalayan Pilgrimage. By David Snellgrove.

Annapurna. By Maurice Herzog.

True Summit: What Really Happened on the Legendary Ascent on Annapurna. By David Roberts.

The Ascent of Rum Doodle. By WE Bowman.

A Nepalese Journey: The Essence of the Annapurna Circuit (Mountain Photography). By Andrew Stevenson.

Nepali Phrasebook by Lonely Planet.

ACCOMMODATION

TEAHOUSE LODGE IN NEPAL



While on a teahouse lodge trek in Nepal, there are twin share rooms with common bathroom and a heated communal dining room. We will provide all meals at the lodges and include breakfast, lunch, afternoon tea, and biscuits plus a two-course dinner (soup and main meal) plus up to two cups of hot drinks per meal. We regularly inspect and select the best lodges in each location.

HOTEL AMBASSADOR IN KATHMANDU



We have used [Hotel Ambassador](#) in Kathmandu for our groups since it was rebuilt in 2017. Since then we have received positive feedback on their service and location. This is our first choice hotel for trekking groups in Kathmandu. Rooms are well appointed with a reliable supply of hot water for use in the shower. The windows have double glazing so it keeps the rooms very quiet. They serve an excellent breakfast buffet from 7am to 10am. A sundowner on their rooftop bar and restaurant called Foreign Affairs is a must do!

TRIP REVIEWS

REVIEW BY LIZZIE ON 09/01/2017

An experience never to be forgotten It was a well organised and challenging trekking holiday. I thoroughly enjoyed it and will never forget the experience. The tour operator was very good always there to answer queries both in the U.K. and in Nepal. ...

REVIEW BY GRAHAM ON 27/01/2017

Superb classic Nepalese trek This one wasn't as demanding as the ones I normally do with Mountain Company, but was no less enjoyable/invigorating for that. Faultlessly led as Mountain Company treks always are, Biswo, the leader, was as attentive, cheerful and authoritative as ever - he was "joint-leader" of the Dhaulagiri trek I did with Roland's company a few years ago. Though this trip didn't have the "breathtaking/dramatic altitude" element that many Himalayan treks have, it had everything else you could possibly want - villages, culture, Yaks (and dzos), forests, high alpine pastures and panoramic mountain views. Though near Annapurna, it's still off the beaten track, providing a glimpse of the "real" Nepal - a chance to see how regular Gurung people live. Despite this, no tents are required thanks to the excellent "village-owned" community lodges at Bayeli Kharka, Upper Chistibung, Kopra, Mohare Danda and Nangi. To cap it all off, there was a truly entrancing sunrise to be seen from the hill above Kopra lodge. A perfect Nepalese trek! I've been on a number of treks run by the Mountain Company and this one was as good as ever. The combination of Roland's diligence, talent with logistics and deep understanding of the Himalayan region make all the treks his company runs a thoroughly enjoyable experience. This is augmented by the personal touch that Roland brings to all the treks - Mountain Company is a small

enterprise, but in the many years that Roland has spent in the Himalayan area he has got to know all the best people. The staff on this trek were no exception. Biswo Rai (who I've trekked with before, in Dhaulagiri) and his team were as good as ever. I plan to do many more treks with this company. ...

REVIEW BY ALEX ON 23/04/2018

Treking at Kopra Ridge Nepal VG as described, the Mountain Company staff were excellent. Very Professional with every care taken, pre-trip information and attentive staff thro-out duration of the trip.

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Notes downloaded on: 28-04-2024

