Khayer Lake (Khopra Danda) Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**17 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**4660m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,590 per person**

Trip overview

The Khayer Lake (Khopra Danda) Trek is a stunning off-the-beaten-path Himalayan journey in the Annapurna region, offering spectacular mountain views, peaceful trails, and a sacred alpine lake experience. This trek is known for its quiet environment, community-based lodges, and breathtaking ridge-top scenery, making it one of Nepal's best alternatives to the busier Annapurna routes.

The highlight of the trek is Khayer Lake (4,600 m), a sacred glacial lake located beneath the Annapurna massif. The journey also includes panoramic views of Himalayan giants such as Annapurna South, Dhaulagiri, Machhapuchhre, and Nilgiri ranges. This trek is ideal for trekkers seeking solitude, raw nature, and cultural authenticity away from crowded trails.

Geography and Landscape

The Khayer Lake (Khopra Danda) Trek is located in the Annapurna region within Annapurna Conservation Area. The route typically begins from Nayapul or Ghandruk and ascends through traditional villages and dense forests before reaching the Khopra Danda ridge.

The landscape is extremely diverse and visually striking. Lower sections feature terraced farmland, subtropical vegetation, and river valleys. As the trail climbs higher, it passes through dense rhododendron and oak forests, which are especially beautiful during spring when the hillsides bloom with vibrant flowers.

One of the main highlights is the Khopra Ridge (Khopra Danda), a spectacular viewpoint offering uninterrupted panoramic views of the Annapurna and Dhaulagiri ranges. From this ridge, trekkers can see a wide Himalayan horizon with fewer crowds compared to other popular viewpoints like Poon Hill.

The trek then continues toward Khayer Lake, a high-altitude sacred site surrounded by rugged cliffs and alpine terrain. The lake is considered holy by local communities, and its remote location adds to its spiritual and natural significance. The final section involves a challenging hike across rocky terrain and high ridges, rewarding trekkers with a pristine and peaceful alpine environment.

Climate and Best Time to Trek

The best seasons for the Khayer Lake (Khopra Danda) Trek are spring (March–May) and autumn (September–November). These months provide stable weather, clear skies, and excellent visibility of

the Himalayan peaks.

Spring is especially beautiful due to blooming rhododendron forests that color the trails in red, pink, and white. Autumn offers crisp air and the clearest mountain views after the monsoon season, making it the most popular and reliable trekking period.

Winter (December–February) is colder and can bring snow to higher elevations such as Khopra Ridge and Khayer Lake, making the trek more challenging but rewarding for experienced trekkers. The monsoon season (June–August) is less suitable due to rain, slippery trails, and limited visibility.

Overall, autumn is considered the best season for safety, comfort, and panoramic Himalayan views.

People and Culture

The Khopra Danda region is inhabited mainly by Gurung and Magar communities, known for their hospitality, traditional lifestyles, and deep cultural ties to the Himalayas. The trek is also a model of community-based tourism, with locally operated teahouses supporting village development.

Villages along the route, such as Ghandruk and Swanta, offer authentic cultural experiences including traditional stone houses, terraced farming, prayer flags, and local monasteries. Among these, Ghandruk is particularly significant, showcasing Gurung heritage and offering excellent mountain views.

Trekkers experience warm hospitality in community lodges, where local families share traditional food, stories, and cultural insights. The combination of sacred lake, peaceful ridge trekking, and authentic village culture makes the Khayer Lake (Khopra Danda) Trek one of the most rewarding hidden gems in the Annapurna region.

Highlights

- Sacred Khayer Lake (4,660m) beneath Annapurna South
- Sunrise from Khopra Ridge – spectacular Himalayan panorama
- Views of Dhaulagiri, Annapurna, and Machhapuchhre
- Gurung and Magar culture with warm local hospitality
- Peaceful, less-crowded trekking trails
- Traditional villages, yak pastures, and rhododendron forests
- Wildlife sightings including Himalayan tahr and musk deer
- Optional extensions to Poon Hill or Annapurna Base Camp

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Arrive at Tribhuvan International Airport, where you'll be warmly welcomed by your guide or a representative from Nord Extreme and transferred to your hotel in Thamel, Kathmandu's vibrant tourist district.

Depending on your arrival time, you may explore the bustling local streets, trekking gear shops, cafés, or nearby heritage temples. In the evening, attend a short introductory briefing about the trek and enjoy your first night in Nepal.

Day 2 : Trek & Permit Preparation in Kathmandu (1,400m)

Altitude: 1,400m

Walk: 2–4 hrs · Visit: Nepal · Meals: Breakfast

Today is dedicated to final trekking preparations and official permit arrangements for the Annapurna region. Our Nord Extreme team will assist you with all required documentation, including trekking permits and entry procedures.

You will attend a detailed pre-trek briefing covering the itinerary, altitude awareness, weather conditions, safety protocols, and trail expectations.

A complete gear check will also be conducted to ensure you are fully prepared for the journey ahead. Any missing equipment can be rented or purchased in Thamel. The remainder of the day is free for relaxation or sightseeing around Kathmandu.

Day 3 : Drive or Fly to Pokhara (820m)

Altitude: 820m

Walk: 25 min flight / 6–7 hrs drive · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

After breakfast, travel to Pokhara, the gateway to the Annapurna region. The scenic drive follows the Trishuli and Marshyangdi Rivers through hills, villages, and terraced landscapes, while the short flight offers breathtaking Himalayan panoramas.

Upon arrival in Pokhara, enjoy beautiful views of Machhapuchhre (Fishtail) reflected in Phewa Lake. Spend the evening relaxing at your lakeside hotel or exploring the vibrant lakeside area.

Day 4 : Drive to Nayapul, Trek to Ghandruk (1,940m)

Altitude: 1,940m

Walk: 4–5 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Drive approximately 1.5 hours to Nayapul, the starting point of your trek. Begin hiking through subtropical forests, terraced rice fields, and charming mountain villages.

Reach Ghandruk, a picturesque Gurung settlement known for its traditional stone houses, rich culture, and magnificent mountain scenery. You may also visit the local Gurung museum to learn about the history and traditions of the region.

Day 5 : Trek to Tadapani (2,630m)

Altitude: 2,630m

Walk: 4–5 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Today’s trail climbs steadily through dense oak and rhododendron forests filled with birdsong and occasional wildlife sightings. During spring, the forests bloom with colorful rhododendrons, creating one of the most scenic sections of the trek.

Arrive at Tadapani, a peaceful ridge-top settlement offering spectacular views of Annapurna South, Hiunchuli, and Machhapuchhre.

Day 6 : Trek to Dobato (3,420m)

Altitude: 3,420m

Walk: 5–6 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Leave the main trekking route behind and follow a quieter trail toward Dobato. The path winds through

enchanting forests, yak grazing areas, and alpine terrain with increasingly open mountain views.

Optional evening hike to Muldai View Point (3,637m), one of the finest panoramic viewpoints in the Annapurna region, offering incredible 360-degree views of the Annapurna and Dhaulagiri ranges.

Day 7 : Trek to Chistibang (3,020m)

Altitude: 3,020m

Walk: 4 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

A shorter trekking day allows your body additional time to acclimatize. The trail passes through highland vegetation, dwarf bamboo forests, and peaceful yak pastures.

Chistibang is a quiet seasonal herding area with simple teahouses and beautiful sunset views over surrounding peaks.

Day 8 : Trek to Khopra Danda (3,660m)

Altitude: 3,660m

Walk: 3–4 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Today is one of the highlights of the trek as you ascend to the dramatic Khopra Ridge. The trail offers breathtaking views of Dhaulagiri, Annapurna South, Nilgiri, and Tukuche Peak throughout the climb.

Arrive at the Khopra Community Lodge, perched high above the valleys with panoramic mountain scenery in every direction. Spend the afternoon relaxing and enjoying one of the best ridge-top settings in Nepal.

Day 9 : Hike to Khayer Lake (4,660m) and Return to Khopra Danda

Altitude: 4,660m

Walk: 8–9 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Begin early for the challenging but rewarding hike to Khayer Lake, a sacred alpine lake located beneath Annapurna South. The trail traverses rocky high-altitude terrain and remote alpine meadows.

Khayer Lake is an important pilgrimage site for both Hindus and Buddhists and offers a peaceful spiritual atmosphere surrounded by towering snowy peaks. After spending time at the lake, return to Khopra Danda for overnight stay.

Day 10 : Trek to Swanta (2,200m)

Altitude: 2,200m

Walk: 5 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Descend through alpine forests, rhododendron groves, and terraced farmland to the traditional Magar village of Swanta.

The village is known for its warm hospitality and local cheese production. You may visit a nearby cheese factory and learn about daily life in this remote Himalayan settlement.

Day 11 : Trek to Ulleri (2,050m)

Altitude: 2,050m

Walk: 5–6 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Continue descending through lush forests and traditional farming communities. Along the trail, pass watermills, grazing livestock, and scenic terraced hillsides that showcase rural Himalayan life.

Arrive at Ulleri, a charming hillside village famous for its long stone staircases and mountain views.

Day 12 : Trek to Nayapul, Drive to Pokhara (820m)

Altitude: 820m

Walk: 5 hrs trek + 1.5 hrs drive · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Your final trekking day follows forested trails and riverside paths as you gradually descend toward Nayapul.

Upon arrival, drive back to Pokhara and check into your hotel. Enjoy a hot shower, lakeside walk, or celebratory dinner after completing the trek.

Day 13 : Drive or Fly to Kathmandu (1,400m)

Altitude: 1,400m

Walk: 25 min flight / 6–7 hrs drive · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Return to Kathmandu either by scenic flight or overland drive. After arriving in the capital, enjoy free time for shopping, sightseeing, or visiting cultural landmarks such as Durbar Square, Boudhanath, or Pashupatinath Temple.

Day 14 : Departure

Altitude: 1,400m

Visit: Nepal · Meals: Breakfast

Transfer to Tribhuvan International Airport for your onward flight. Depart Nepal with unforgettable memories of Himalayan landscapes, remote villages, and authentic mountain culture.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 10°C
- Day 2 · Trek & Permit Preparation in Kathmandu · 1,400 m · day 21°C / night 10°C
- Day 3 · Drive or Fly to Pokhara · 820 m · day 24°C / night 14°C
- Day 4 · Drive to Nayapul, Trek to Ghandruk · 1,940 m · day 18°C / night 7°C
- Day 5 · Trek to Tadapani · 2,630 m · day 15°C / night 2°C
- Day 6 · Trek to Dobato · 3,420 m · day 11°C / night -3°C
- Day 7 · Trek to Chistibang · 3,020 m · day 13°C / night 0°C
- Day 8 · Trek to Khopra Danda · 3,660 m · day 9°C / night -4°C
- Day 9 · Hike to Khayer Lake and Return to Khopra Danda · 4,660 m · day 4°C / night -11°C
- Day 10 · Trek to Swanta · 2,200 m · day 17°C / night 5°C
- Day 11 · Trek to Ulleri · 2,050 m · day 18°C / night 6°C
- Day 12 · Trek to Nayapul, Drive to Pokhara · 820 m · day 24°C / night 14°C
- Day 13 · Drive or Fly to Kathmandu · 1,400 m · day 21°C / night 10°C
- Day 14 · Departure · 1,400 m · day 21°C / night 10°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.
- Domestic flight included for access to the trekking starting & ending point.

2. Accommodation & Meals

- 3 Nights 3 star hotel in Kathmandu with bed & breakfast basis.
- 1 Night 3 star hotel in Pokhara with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea & coffee) during the trekking Period.

3. Permits

- Annapurna Conservation Area Project (ACAP) permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Dates & prices

- 02 Mar 2027 – 18 Mar 2027 · USD 1,590 · Available
- 16 Mar 2027 – 01 Apr 2027 · USD 1,590 · Available
- 06 Apr 2027 – 22 Apr 2027 · USD 1,590 · Available
- 20 Apr 2027 – 06 May 2027 · USD 1,590 · Available
- 04 May 2027 – 20 May 2027 · USD 1,590 · Available

Best time to visit

Best months: March–April and October–November. October and November offer crystal-clear views of Annapurna and Machhapuchhre; March to May is warm with blooming rhododendron forests. Lower Annapurna treks such as Poon Hill are possible in winter, while Thorong La and high passes may close after heavy snow.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies

- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is provided in community-run teahouses and eco-lodges, especially along the Khopra Ridge section.

Lower villages such as Ghandruk, Tadapani, and Bayeli Kharka offer basic but comfortable lodges. At Khopra Danda and higher sections toward Khayer Lake, accommodation becomes very simple due to remoteness and limited infrastructure.

Rooms are typically twin-sharing with basic bedding and shared bathroom facilities. In peak season, space can be limited.

Meals

A full-board meal system (Breakfast, Lunch, and Dinner) is provided throughout the trek. Meals are locally prepared and focus on energy-rich trekking food.

Typical menu options include:

- Traditional Dal Bhat set meals
- Noodles, pasta, and fried rice
- Soups, potatoes, and seasonal vegetables
- Eggs, pancakes, and Tibetan bread
- Local herbal tea and hot beverages

Food variety becomes limited at higher elevations, especially on the Khopra Ridge section.

Difficulty & Physical Requirements

The Khopra Danda – Khayer Lake Trek is classified as moderate to moderately strenuous, suitable for trekkers with good fitness and some hiking experience.

Daily trekking ranges from 5 to 7 hours, with steep ascents, forest trails, and a challenging day hike to Khayer Lake.

The lake excursion involves high-altitude walking above 4,500m and requires good endurance.

Permits

Required permits include:

- Annapurna Conservation Area Permit (ACAP)
- TIMS Card (Trekkers' Information Management System)

All permits are arranged by the trekking agency.

Best Season

- Spring (March–May): Rhododendron forests in full bloom and clear mountain views
- Autumn (September–November): Best weather and visibility conditions
- Winter (December–February): Cold but very scenic with snow-covered landscapes
- Monsoon (June–August): Not recommended due to slippery trails and leeches

Transportation & Access

The trek typically begins with a drive from Pokhara to Nayapul or Ghandruk, followed by trekking through forested ridges toward Khopra Danda.

Pokhara serves as the main gateway city for access to the route.

The Khayer Lake side trip is usually a full-day hike from Khopra Danda.

Safety & Acclimatization

Although the main trek is moderate altitude, the excursion to Khayer Lake reaches high elevation and requires proper pacing.

Key considerations include:

- Gradual ascent through forest and ridge trails
- Acclimatization at Khopra Danda before lake hike
- Staying hydrated and maintaining steady pace
- Awareness of weather changes at high altitude

Guides ensure safe navigation, especially on the lake trail.

Travel Insurance

Recommended travel insurance should include:

- Trekking coverage up to at least 5,000m
- Emergency medical treatment
- Helicopter evacuation coverage
- Trip cancellation and accident protection

Additional information

Guide & Porter Services

Licensed guides are highly recommended for navigation and cultural interpretation, especially for the Khayer Lake side trip.

Porters are available to carry luggage, making the ridge trek more comfortable.

Cultural & Natural Highlights

The Khopra Danda – Khayer Lake Trek is known for its peaceful environment and dramatic scenery:

- Panoramic views of Annapurna and Dhaulagiri ranges
- Stunning ridge walk along Khopra Danda
- Sacred alpine lake of Khayer Lake
- Traditional Gurung and Magar villages

- Rhododendron and alpine forests
- Less crowded alternative to ABC trek
- Community-based eco-lodge experience
- Sunrise and sunset Himalayan viewpoints

Essential Equipment

Recommended trekking gear includes:

- Comfortable trekking boots
- Layered clothing system
- Warm jacket for Khopra Danda and lake hike
- Waterproof jacket and trousers
- Gloves, hat, and sunglasses
- Trekking poles (important for lake ascent)
- Daypack (30–40L)
- Basic first aid kit and personal medication

Communication & Connectivity

Mobile network coverage is available in lower villages but becomes weak or unavailable at Khopra Danda and towards Khayer Lake.

Wi-Fi is limited and generally unavailable in higher sections.

Why Choose the Khopra Danda – Khayer Lake Trek?

This trek is perfect for travelers seeking peace, scenery, and off-the-beaten-path adventure:

- Less crowded alternative to Annapurna Base Camp
- Spectacular ridge views of Annapurna and Dhaulagiri
- Sacred high-altitude lake experience at Khayer Lake
- Community-based eco-lodge trekking model
- Ideal for moderate-level trekkers
- Beautiful sunrise and sunset viewpoints
- Rich cultural experience in Gurung and Magar villages
- One of Nepal’s best hidden trekking gems

Frequently asked questions

How difficult is the Khayer Lake (Khopra Danda) Trek?

The Khayer Lake (Khopra Danda) Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Khayer Lake (Khopra Danda) Trek?

For the Annapurna region the best months are March–April and October–November. October and November offer crystal-clear views of Annapurna and Machhapuchhre; March to May is warm with blooming rhododendron forests. Lower Annapurna treks such as Poon Hill are possible in winter, while Thorong La and

high passes may close after heavy snow.

What permits do I need for the Khayer Lake (Khopra Danda) Trek?

You need the Annapurna Conservation Area Permit (ACAP) and the trekkers' TIMS card. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Khayer Lake (Khopra Danda) Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Khayer Lake (Khopra Danda) Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Khayer Lake (Khopra Danda) Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip's highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Khayer Lake (Khopra Danda) Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page:
https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/khayer-lake-khopra-danda-trek/

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com