

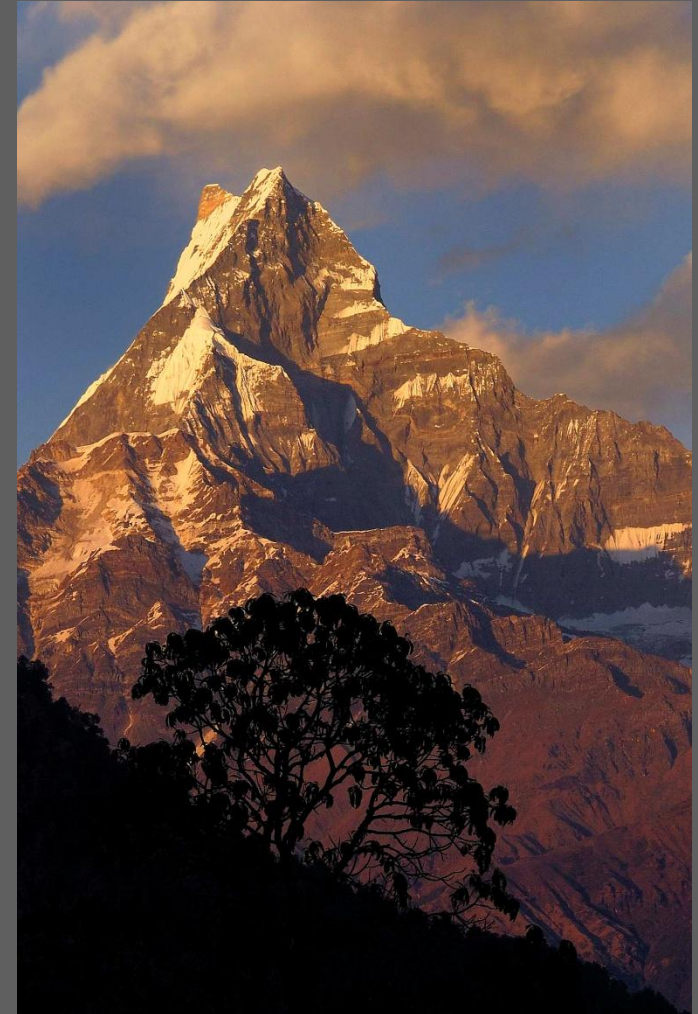
South Col Expeditions



TREK THE OFF BEAT BUT SPECTACULAR KHOPRA RIDGE ROUTE IN THE ANNAPURNA FOOTHILLS OF NEPAL

April 22nd to 30th 2023

- The Khopra Ridge is a relatively new route in the foothills of Annapurna and has developed into a full scale trekking route in the last few years with lodges. It makes a great six day walk in the Annapurna Foothills of Nepal. It has great views reaching almost to the bottom of the Fishtail Mountain Macchhapucchare along with Annapurna South, Huinchuli and Gangapurna and of course Dhaulagiri and Tukuचे views from Mulde and Khopra.
- Suitability: A good choice for most walkers, reasonable level of fitness required.
- Walking times: average 5 to 7 hours walking per day
- Altitude: up to 3657m at Khopra Ridge
- Terrain: for most of time following well-travelled trails, there will be daily ascent and descent on steps which are part of any Nepal trek.
- Remoteness: usually not too remote and often there is a reasonable level of infrastructure such as lodge accommodation and cell/ mobile phone reception and wifi reception every day at the lodges.
- **Trek Cost INR 60,000/- plus 5% TCS per person for Indian passports Kathmandu to Kathmandu as per the itinerary**
- **Meals not included. Please budget extra USD 20-25 per day for meals, battery charging, wifi, hot water in flasks, etc.**



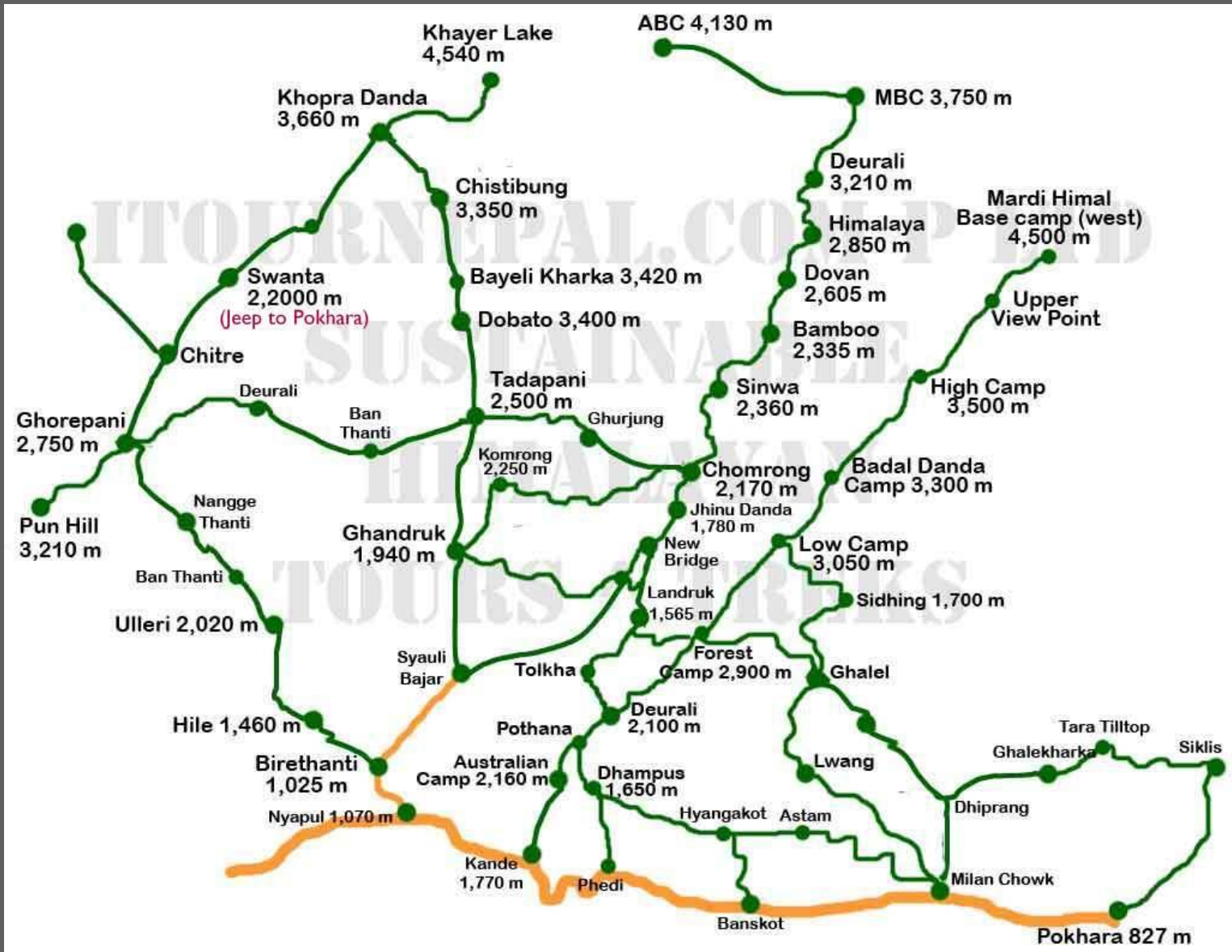
SUITABILITY FOR THIS TREK



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MAP OF THE KHOPRA TREK



TREK DAY WISE ITINERARY - I

- Day 01 - Arrive in Kathmandu and stay the night at a hotel in Thamel.
- Day 02 Kathmandu to Pokhara to Ghandrung by early morning flight to Pokhara and the drive to Kimche below Ghandrung 2.5 hours and then walk to Ghandrung 2040m in an hour - you have a free afternoon in Ghandrung.
- Day 03 Trek to Tadapani (2650 metres) 4 hours walking
This is a longer day than before and we walk mainly through the forest with bird calls and typical Himalayan vegetation. In about 2.5 hours we reach the lodges of Baisikharka where we stop for a cup of tea. From Baisikharka it is about 60-75 min to Tadapani which you should reach by lunchtime. You have a free afternoon at Tadapani with its fabulous views.
- Day 04 Trek to Dobato (3448 metres) 5-6 hours walking
This is again a longer day. The trail climbs gently and steadily and reaches Meshar Danda in about 2 hours. From here in about 45 minutes you reach the lodges of Isharu 3100 metres. Stop for a tea break at Isharu and then commence the last climb to Dobato which should take around 1 hr 45 min or so.

TREK DAY WISE ITINERARY -II



- **Day 05 Dobato to Mulde View Point 3637 metres and then trek to Chistibung 6 to 7 hours** We leave early in the morning to walk to the View Point which takes about 45 min to 1 hour and are greeted by a splendid view which is closer than the view from Poon Hill. From the top of Mulde we can see the lodges of Ghorepani below us and the Poon Hill tower. We descend back to Dobato for breakfast and then after breakfast leave for Chsitibung. The trail initially skirts the ridge and then climbs for the lodges of Bayeli 3437 metres in about 2 hours where we can stop for an early lunch. Post lunch the trail continues along ridge for about 3.5 hours until it reaches the lodges of Chistibung 3350 metres.

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TREK DAY WISE ITINERARY - III



- **Day 06 Trek to Khopra (3657 metres) 3-4hours walking**
- This the final day our climb which brings us to the Khopra ridge with the Community lodge and other newer lodges which are being constructed here. From Chhistibang, the trail ascends continuously and there are multiple small streams and small waterfalls all along. The view from Khopra is staggering with the Dhaulagiri peaks on one side and the Annapurnas on the other. If the weather is good you can enjoy a great sunset from here.
- **Day 07 Trek to Swanta 2200 metres 6 to 7 hours walking**
- Today is a long day with a lot of downhill walking which can be tiring on the knees. Initially you follow the same route down to Chhistibung which should take around 2 hours. Stop for a cup of tea at the lodge and then proceed down on the trail to Swanta which loses around 800-900 metres in about four hours. After the poor lodges for the last three nights enjoy a better lodge in warmer temperatures at Swanta.
- **Day 08 Jeep from Swanta to Pokhara 800 metres and fly to Kathmandu by evening flight from Pokhara**
- This is a long jeep ride on dirt track roads typical of Nepal until you reach Beni on the black top highway. From Swanta to Beni it should take around 2-3 hours and from Beni to Pokhara on a good road should be also 2-3 hours. You need to leave Swanta by 7 am to get into Pokhara by 1-2 pm. Take the last flight out from Pokhara to Kathmandu between 3.30 and 4 pm.
- **Day 09 Fly from Kathmandu to home destinations**

TREK COSTS

- **INR 60,000/- plus 5% TCS per person for Indian passports. Kathmandu to Kathmandu as per the itinerary above**
- **Meals not included. Please budget extra USD 25 per day for meals, battery charging, wifi, hot water in flasks, etc.**
- **Costs include:**
- Flights from Kathmandu- Pokhara to Kathmandu
- ACAP national park permit and TIMS permit for trekking in the Annapurna region
- Travel from Pokhara to start of trek and back
- Accommodation in Kathmandu and Pokhara as per itinerary on twin sharing basis
- All accommodation on the trek on twin sharing basis
- Cost of porters/guides for the trek. Please note that porters will carry one duffel bag or backpack not exceeding 10-12 kgs in weight for each trekker comprising of personal items, clothing, sleeping bag etc.



TREK COSTS NOT INCLUDED



Costs not included:

- Meals in Kathmandu and Pokhara and fooding on the trek is not included
- Desserts, drinks, and exotic items listed in the lodge menus are not included.
- Alcohol, cold drinks (coca cola, sprite, beer), juices, ice cream etc on the trek and in Pokhara.
- Client travel and medical insurance of any kind. Emergency evacuation costs if needed.
- Bottled drinks; boiled, filtered or bottled water; alcohol; snacks; tea/coffee;
- Hot showers (Rs 200-300 per shower); battery charging and wifi costs if any
- Personal clothing and equipment; sleeping bag; douvet/down/goretex jacket, medicines for personal use etc.
- Air fare from home country to Nepal and back
- Tips to porters/guides at the end of trek @ US \$ 50 per person to the common pool

Standard Terms and Conditions #1

- **CANCELLATION POLICY**

- The cancellation policy and refunds available are given below:
- 0-10 days before the start of the trek =100% no refund
- 11 -15 days before the start of the trek = 75%
- 16-30 days before the start of the trek = 50%
- 31-45 days before the start of the trek = 30%
- 46 days and above = 20%



- **IN CASE OF LEAVING THE GROUP**

- If due to illness or any other reason a client has to leave the group and go down or wait at a lodge for the group to pick him/her up on the way back, all expenses including lodging, fooding and any porter/guide related expenses if any are to be borne by the individual client over and above the trek fees paid for the trek. There are also no refunds for leaving a trek before completion.

- **HIRING OF PONIES ETC**

- In the eventuality of a client needed the services of a pony to come down to lower altitudes, the cost of hiring the pony will be paid by the client.

- **EVACUATION BY HELICOPTER**

- In the eventuality of not being covered by emergency helicopter evacuation insurance and an evacuation is considered necessary, the cost of the evacuation will be paid by the client in advance to the helicopter company/travel agent etc as deemed necessary.

Standard Terms and Conditions #2

- **CANCELLATION OF LUKLA FLIGHTS (IF YOU ARE GOING TO THE EVEREST REGION)**

- In case the Kathmandu to Lukla flight is cancelled, the additional cost for hotel accommodation in Kathmandu is to be paid by the client over and above the contracted days accommodation provided.
- In case the Lukla to Kathmandu flight is cancelled, the client has the following options:
- Continue to remain in Lukla at the client's cost (both fooding and accommodation) and try for a flight the next day or day after.
- Depart from Lukla if possible using the services of a helicopter usually US \$ 500per person. In this case the one way flight cancellation charges will be refunded to the client.

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- **LODGES ON THE TREK**

- The choice of lodges to be used on the trek will be decided by South Col and clients will have to stay at these designated lodges. Clients are not permitted to choose their own lodges on the route.

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- **TREK ROUTE**

- The trek route and day wise schedule will be fixed by South Col and will have to be followed by the client.

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- **RISKS AND LIABILITY**

- The trek is in a remote mountain area and has certain additional dangers and risks, some of which include: physical exertion for which the client should be prepared; weather extremes subject to sudden and unexpected changes; remoteness from normal medical services; evacuation difficulties.
- In the event of injury or illness South Col Expeditions (Sujoy Das) or its Staff can, at the clients cost arrange any medical treatment and emergency evacuation service as it or they deem necessary for the health and safety of the client.

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The Khopra Ridge Trek FAQ #1

How fit do I have to be to do a trek? Whilst you do not need to be super-fit, you need to be fit enough to comfortably walk for 5-6 hours per day in the mountains on reasonable trails. The Annapurna trek has sections with steps which can prove tiring on the knees. You will definitely need to walk for around an hour at least every day to get fit. If you can spend some time in the gym it would help. Walking uphill/stairs etc also helps a great deal.

What is a typical group? Will I fit in? Groups range in size from 6 up to 10, and typically comprise a range of nationalities and experience. So far, all of our groups have got along very well. One of the attractions of such a trip is the chance to meet people with different backgrounds and personalities.

Do I need to buy special equipment? Usually our clients simply bring their existing clothing and equipment and if necessary supplement this with some extra items purchased cheaply in Kathmandu.

I am a single trekker. How does this work? Normally single trekkers have no problems fitting in with a group. Normally single trekkers share rooms or lodges with other trekkers of the same sex, but if we have an odd-number we ensure that a room or lodge is organized accordingly.

Will I be able to deal with the high altitude? Our itineraries are designed so that our clients ascend at a sensible and safe rate. The effects of altitude are felt by everyone, even the guides and Sherpas, but most people find that gentle acclimatization allows them to reach their high point without any problems. We will be monitoring this closely on the trek and in the event of any problems we will ensure that there is no compromise on safety. For details on AMS visit

http://www.ismmed.org/np_altitude_tutorial.htm#prevention

What are the Tea Houses like? Tea houses are a way of life for almost all trekkers. They are the combination of guest house, restaurant, and social hang out. Our many years of experience along these routes have helped us find the friendliest, cleanest, and most enjoyable tea houses with the best views.



The Khopra Ridge Trek FAQ #2

What is the accommodation at the tea houses? Private rooms are available in most tea houses except for those at very high altitudes. Most bathrooms are shared but in some of the nicer lodges we have attached bathrooms with running water. Usually hot showers will be available every evening at an extra cost.

Where do we eat our meals? If you are on a tea house trek you will eat breakfast and dinner at your tea house. We will stop for lunch at one of the various trail side restaurants. And snacks are always easy to find at tea stalls including tea and coffee.

What type of food is served on the trek? Almost every tea house serves the traditional Nepali meal Dal Bhat (rice and curried lentils). All tea houses we stay at have a variety of different foods on the menu including noodles, rice, potatoes, vegetables and soup. Some have Nepali versions of western food such as pizza, lasagnia, pasta etc. Sodas and beer are available at most of the tea houses and of course tea and coffee is served everywhere.

Where do we get water during the trip? It is our suggestion that in order to save money, trekkers carry iodine tablets or lugols solution with them so that they can purify the water every day. Though tea houses will have bottled mineral water available it is likely to get expensive as one goes higher up. Iodine is available in Kathmandu. You can also use water filters or Steripen.

What type of shoes or boots should I wear? The proper foot wear depends on the trek. The Annapurna trek should be done in boots with firm ankle support. Having said that you will find locals and porters trekking in sneakers! Shoes and boots are best purchased before your arrival for the trek with proper break in.

What will the weather be like? Weather affects everything in Nepal and trekking is no exception. Sudden rain storms or snow flurries are always a possibility at higher altitudes. The weather during the trekking season is somewhat more stable. We pay close attention to weather reports during the trekking season. April weather is usually sunny mornings with cloudy afternoons and chance of rain. In the evening on some days.

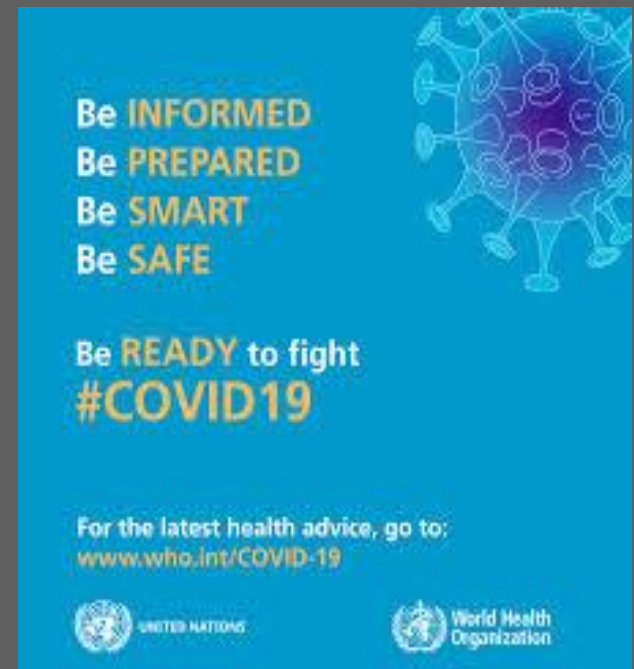
How should I give my equipment to the porter? Ideally the gear should be given to the porter in a duffle bag locked and this will be returned to the client in the evening. As you may not be able to access the duffle bag during the day please carry the essentials like water, jacket, camera, sweets etc in your daypack.

Covid Safety Protocol

At present Nepal requires a double vaccination certificate OR a covid negative RTPCR certificate 72 hours before landing in Kathmandu. At present there are very few covid cases in Nepal and life is functioning normally.

Normal airport protocol like masks, shields and sanitizers to be followed.

. We will also carry our own sanitizers and kit.



Why trek the Annapurna Region with South Col?

- South Col is a small, personalized firm specializing in treks in the Himalayan region and has been trekking the Annapurna region for the last 25 years.
- We are keenly aware of the fragility of environment and cultures in which we trek and recognize our responsibility in maintaining them. "Take pictures, leave only foot prints" is our motto.
- Trekkers get personalized attention both in the planning stage as well as during the trek itself.
- Support team of guides and porters as needed are personally supervised by Sujoy to ensure that the clients are comfortable and well looked after.
- Sujoy has intimate knowledge of the trekking trails so can advise on the best stops for photographs and local culture etc.
- Lodges for night stops and camping sites if needed are selected to ensure the best views, food and comfort.



Allied



ADVENTURE TOUR OPERATORS
ASSOCIATION OF INDIA

This is to certify that

South Col Expeditions

is an Allied member of the association.

Membership No. ATOAI/MEM/ALLIED/719

This certificate is valid till 31st March, 2023

Chala

Mr. Vaibhav Kala
Officiating President



Vijet

Vinayak Koul
Hon. Secretary

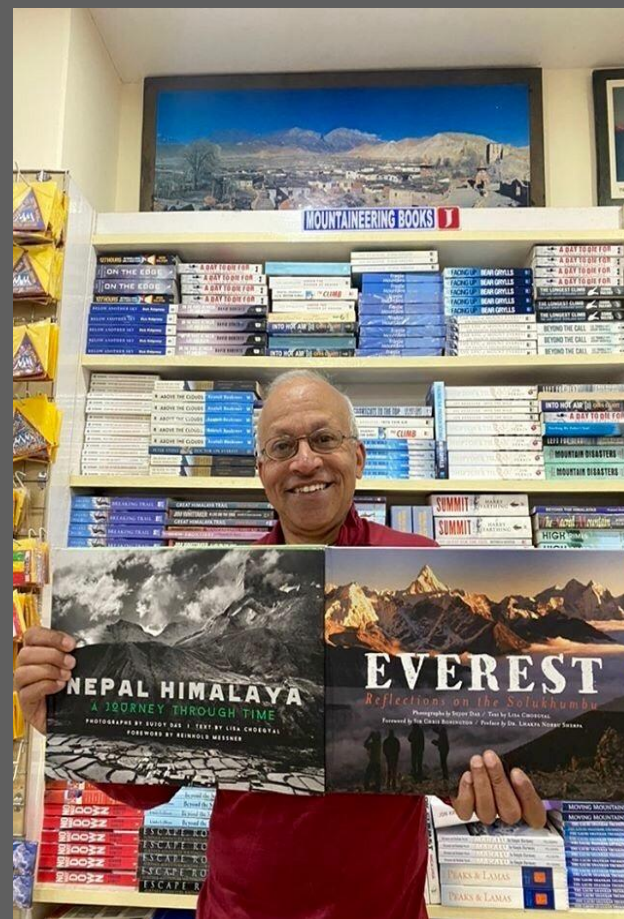
SOUTH COL FOUNDER PROFILE

Sujoy Das has been trekking and photographing in the Himalayas for more than forty years covering Nepal, Sikkim, Ladakh, Bhutan, Spiti, Garhwal and Kashmir. His notable treks include: Winter ascent of Kala Pattar peak (Everest region) Dec 2003; Everest Base Camp 18,500 feet (2001); Thorung-la pass/Annapurna Circuit 17,746 feet (2000); Annapurna Base Camp 14,300 feet (1999); Gokyo Ri peak Everest region 18,275 feet (1998); Rupkund Lake, Garhwal 16,200 feet (1996); Kangchendzonga Base Camp North and Green Lakes 16,875 feet (1987); Dorji La peak North Sikkim 18,644 feet (1986); crossing of Lhonak-la pass North Sikkim (1987).

He has visited the Annapurna region more than a dozen times including two visits to the Base Camp and the entire circuit of Annapurna. He has trekked in the Everest region more than fifteen times including the winter of 2003-04. In the Eastern Himalaya he has trekked the Singalila ridge of Sandakphu and Phalut six times and made six visits to the alp of Dzongri in West Sikkim. In September 2009 he trekked across seven passes in Ladakh from the monastery of Lamayuru to Padum in Zaskar.

He has been an invited speaker at the Mussoorie Mountain Festival 2017 and Mountain Echoes - the Bhutan Literary Festival 2019.

He is the joint author and photographer of a number of books like Sikkim-A Travellers Guide, Nepal Himalaya - A Journey Through Time, Everest Reflections on the Solukhumbu, Lonely Planet - Nepal for the Indian Traveller. His essays and photographs have been published in books and magazines worldwide. To view his photographs of the Himalaya please visit www.sujoydas.com. He can be contacted at sujoyrdas@gmail.com



Om Mani Peme Hung!

Hail to the Jewel in the Lotus



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