

Mohare Danda Trek

Mohare Danda Trek is a new trek route in **Annapurna Region** that aims to help promote ecotourism and support the local economy. This aims to enhance life style of the villagers as well through tourism activities. This is the perfect trekking trip in the region to explore both culture and nature within a short period of time.

Mohare Danda Trekking is also known for Eco lodge community-based trek. The scenic view of the river **Kali Gandaki** is enchanting during the trek. Along with the experience the daily life of the village people is addendum. The trek begins from Galeshwor – a small settlement in the river bank of Kali Gandaki and ends from Nayapul – a famous juncture of Annapurna region trekking.

Itinerary in Details:

Day 01: Arrival in Kathmandu (1300 m / 4265 ft):

Arrive Kathmandu and meet with our friendly representative who will be waiting to receive you and transfer to your pre-booked hotel.

After you complete check-in formality at the Hotel and taking short rest, we introduce you to the market of Thamel, where you can eat your supper, change money, buy some stuffs from supermarket, or buy trekking gears.

Later we take you to our office for the trip briefing.

Overnight at your hotel.

Delay of any kind will postpone the events for next day according to feasibility.

Day 02: Kathmandu Sightseeing - 4 hrs tour.

You start the day with breakfast at your Hotel. The sightseeing tour involves tour of two religious, cultural, and art-wise important sites of Pashupatinath temple and Boudhanath stupa.

Pashupatinath Temple: It is one of the most famous Hindu temples in South-Asia. The temple is devoted to Lord Shiva. This place is a UNESCO world cultural heritage site. The Bagmati river flowing besides the temple is religiously and spiritually important for Hindus where cremation of dead body takes place. Pashupatinath temple holds the most of prominence during Shivaratri – Shiva's birthday and thousands of pilgrims gather in the night to celebrate the day.

Boudhanath Stupa: It is one of the biggest Stupas in terms of size and height in Nepal and located in east of Kathmandu. The site is peaceful and culturally full with intermixed influence of Tibetan and Sherpa roots. Stupa built in the trading route between Kathmandu and Tibet has four pairs of eyes directed towards all four directions. It is believed to be influenced by Mahayana Buddhist philosophy. After short tour of city we return to hotel and prepare for the trek. Overnight will be spent at hotel.

Day 03: Drive Kathmandu – Pokhara | Drive 7 hrs:

You will enjoy your breakfast at the hotel and drive to Pokhara in the early morning. The drive is long in the winding narrow mountain highway, yet very adventurous, and thrilling.

Arrive Pokhara and enjoy the rest of the day exploring lakeside and surrounding. Or you may drive to Pokhara that is some seven hours in a beautiful mountain highway. Overnight stay at the Hotel.

Day 04: Drive to Galeshwor; and Trek to Bas Kharaka (1525m/ 5003ft) | 4 hrs drive and 3 hrs walk.

After having breakfast at your hotel, you drive to Galeshwor through winding mountain highway that takes about four hours. The drive continues along the bank of Kaligandaki river and mixed with the occasional view of hills, and small road side houses/shops.

After arriving Galeshwor prepare yourself to walk another three hours to the destination village of Bas Kharka. At first we ascend crossing the bridge suspension over the Kali Gandaki river. During the walk you will enjoy the village life, agriculture field, farm etc. Tonight you are having your dinner at the eco community lodge and **Overnight at Homestay.**

Day 05: Trek to Nangi (2300m/ 7545 ft) | 6 hrs walking:

After having breakfast at the community lodge, you continue for the second day of trek to Nangi. The trail passes through beautiful villages, stunning views of mountains, and impressive landscapes. The village is inhabited by Magar people – one of the largest ethnic community of Nepal with distinct language and culture. You explore organic farm, and school in the latter afternoon. **Overnight in eco community lodge.**

Day 06: Trek to Mohare Danda (3300m / 10826 ft) | 7 hrs walking:

Enjoy your breakfast the lodge, and walk towards Mohare Danda – the final destination of the trek. The trail today is scenic in the forest with stunning view of the Himalayan peaks that includes Machapuchre, Annapurna, and Dhaulagiri. This place is famous for the sunrise and sunset view as well. Today is the hardest day of the trek as you walk long and gain almost one thousand meter. **Overnight at Community Lodge.**

Day 07: Trek to Deurali (3020m/ 9908ft) | 5 hrs walking:

The view of sunrise this morning is mesmerizing over the Himalayan peaks. You spot the view of peaks Machapuchre, Dhaulagiri, Annapurna and other smaller peak.

Enjoy the breakfast at the lodge, and walk to Deurali. The trail goes past Ghorepani – a popular trekking destination in the Annapurna region famous for sunrise from Poon-hill located above the town. This is the most busy town in the region. Continue to Deurali and **Overnight at the lodge.**

Day 08: Trek to Ghandruk village (1940m/ 6364 ft) | walking duration 5 hrs:

Enjoy the breakfast and then walk to Gandruk village. Today the trail continues in the beautiful forest. You walk today around five hours to reach Gandruk which is a beautiful and famous

village from where the great scene of Annapurna South, and Himchuli can be viewed. Enjoy the Gurung museum and culture. **Overnight at Lodge.**

Day 09: Trek to Syauli Bazar (1010 m / 3313ft) and Drive to Pokhara// 2 hrs walk and 2.5 hrs drive:

This is the end of the trekking. After breakfast and enjoying the view of the Annapurna South, Himchuli, and Fishtail close up, you descend to Ghandruk Bensi or Syaulibazar situated in the bank of river Madi. And, finish your trek here.

From this place drive to Pokhara for about two and half hours and arrive buzzing Pokhara to enjoy your rest of the day.

Day 10: Pokhara Exploration and fly Kathmandu | 4 hrs exploration and 25 mins flight:

After breakfast, you will explore the beautiful Pokhara. You can visit Devi's Fall, Gupteshwar cave and then the International Mountain Museum – the most informative museum on mountaineering expeditions and the Himalayan peaks.

After this refreshing sightseeing of the city, you return to the Hotel for lunch. Later, we transfer you to the Pokhara Airport for enchanting flight to Kathmandu. Once you reach Kathmandu Airport, you will be transferred to the hotel by our representative. **Overnight in hotel.**

Day 11: Cultural Tour of Kathmandu City / 4 hrs:

After breakfast at your Hotel, we take you to the mysterious Kathmandu city tour. This historical, cultural and spiritual city unveils the social and historical mysteries to visitors. You will walk through the narrow lanes of the ancient Kathmandu – the center of power – that includes markets of Ason, Glass beads market at Indrachowk, oldest supermarket at New Road, Kilagal, and Hidden Stupas inside the family courtyard.

Visit of Kathmandu Durbar Square – the administrative quarter of Malla Kings (fourteenth to eighteenth century), and Shah Kings who ruled Nepal from 1768 until 2008. The most unique experience in the square is the visit to the temple of the living goddess “Kumari”.

After the tour, return back to your Hotel. If you are staying in Thamel, you can hang around this bustling tourist market and enjoy shopping. **Overnight in Hotel.**

Day 12: Departure Day:

As per your flight schedule, you will be transferred to the international airport of Kathmandu three hours prior to the flight time and your tour ends here.

Cost Includes:

- ✓ Airport Pick Up and Drop Off

- ✓ 3 star standard hotels with breakfast in Kathmandu (Nepal standard) with breakfast
- ✓ 3 star standard hotels with breakfast in Pokhara (Nepal standard) with breakfast
- ✓ Tea house (Lodge) accommodation
- ✓ All meals (Breakfast, Lunch and Dinner) during trekking
- ✓ Tea / Coffee (3 times a day)
- ✓ A professional Trekking Guide, Porter (Helper), and Assistant Guide is provided for more than 5 trekkers
- ✓ All food, drinks, lodging, salary, insurance, medical equipment, and transportation for Trekking Staff
- ✓ Private transfer (Pokhara-Galeshwor; Syaulibazar - Pokhara)
- ✓ Kathmandu Cultural and Historical Sightseeing with a Tour Guide, private transportation, and entrance fee
- ✓ Trekking Permit (TIMS)
- ✓ Annapurna Conservation Area Permit (ACAP)
- ✓ Down jacket, sleeping bag, fleece liner, and a duffel bag
- ✓ All government taxes

Cost Excludes:

- ✗ Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, and any kind of unforeseen expenses.
- ✗ Lunch and Dinner in Kathmandu and Pokhara.
- ✗ Tips for Guide Porter & Driver (Tips are not compulsory but expected)
- ✗ Anything that is not mentioned in Inclusion

What to bring

This list outlines the required things to bring during the trekking tours. There are various selections and brands that you can choose as per your interest. All required trekking equipments can be bought or even hired easily at a reasonable price in Kathmandu.

- ❖ Valid passport, 2 extra passport size photos, airline tickets
- ❖ Separate photocopies of passport, visa form (easily obtained at Kathmandu airport), proof of insurance
- ❖ Dollars in cash for purchasing a Nepalese visa at Kathmandu airport
- ❖ Credit cards, bank/ATM/cash machine cards for withdrawing funds from cash machines (bring a photocopy of your cards)

General

- 1) Down sleeping bag (you can borrow with us if required).
- 2) Duffel or Rucksack bag (you can borrow with us if required).
- 3) Daypack

- 4) Down Jacket (you can borrow with us if required).
- 5) Fleece liner (you can borrow with us if required).
- 6) Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- 7) Water bottle with purification tablets.
- 8) Hand wash liquids.
- 9) Lip guard.
- 10) Sun-block cream.
- 11) Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

Upper Body - Head / Ears / Eyes

- 1) Cap and ears covering hat.
- 2) Glacier glasses
- 3) Head torch.
- 4) Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

Hand

- 1) Hand gloves (One light pair and One warmer pair)

Body

- 2) T-shirts – few.
- 3) Light and weight thermal tops and warm thermal top.
- 4) Light jacket and vest.
- 5) Wind and rain jacket.
- 6) Shirts and warm shirts.

Lower Body – Legs

- 1) Long and short hiking pants.
- 2) Lightweight and warm long underwear.
- 3) Rain and windproof trousers and warm trekking trousers.

Feet

- 1) Thin and thick socks.
- 2) Trekking boots, light shoes, and sandal.
- 3) Trekking Gaiters.

Medicines and First Aid Kits

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- 1) Headache and fever medicine.
- 2) Ibuprofen for general aches and pains.
- 3) Burnt cream.
- 4) Immodium or Pepto Bismol capsules for upset stomach and diarrhea.
- 5) Diamox (commonly prescribed as Acetazolamide). Please discuss with us before starting to take this medicine.
- 6) Antibiotics.
- 7) Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

Others:

- 1) Durable wallet/pouch for travel documents, money and passport.
- 2) Pocket knife.
- 3) Bandanas.
- 4) Favorite snack foods and energy bars
- 5) Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- 6) Binoculars.
- 7) Camera.

All garments should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.
