



Overview

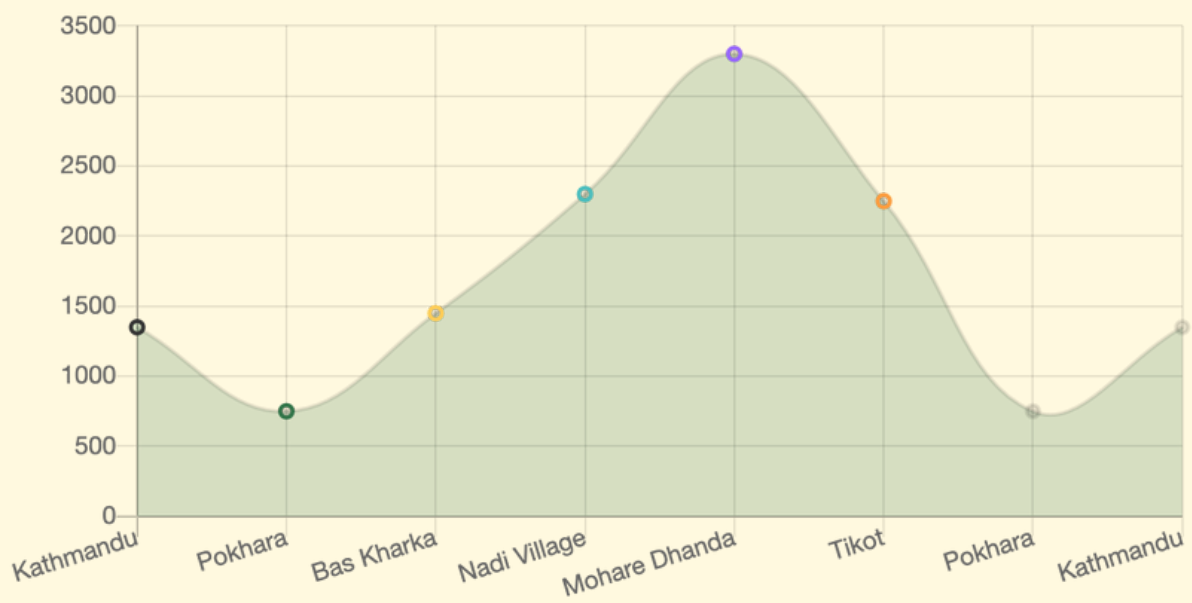
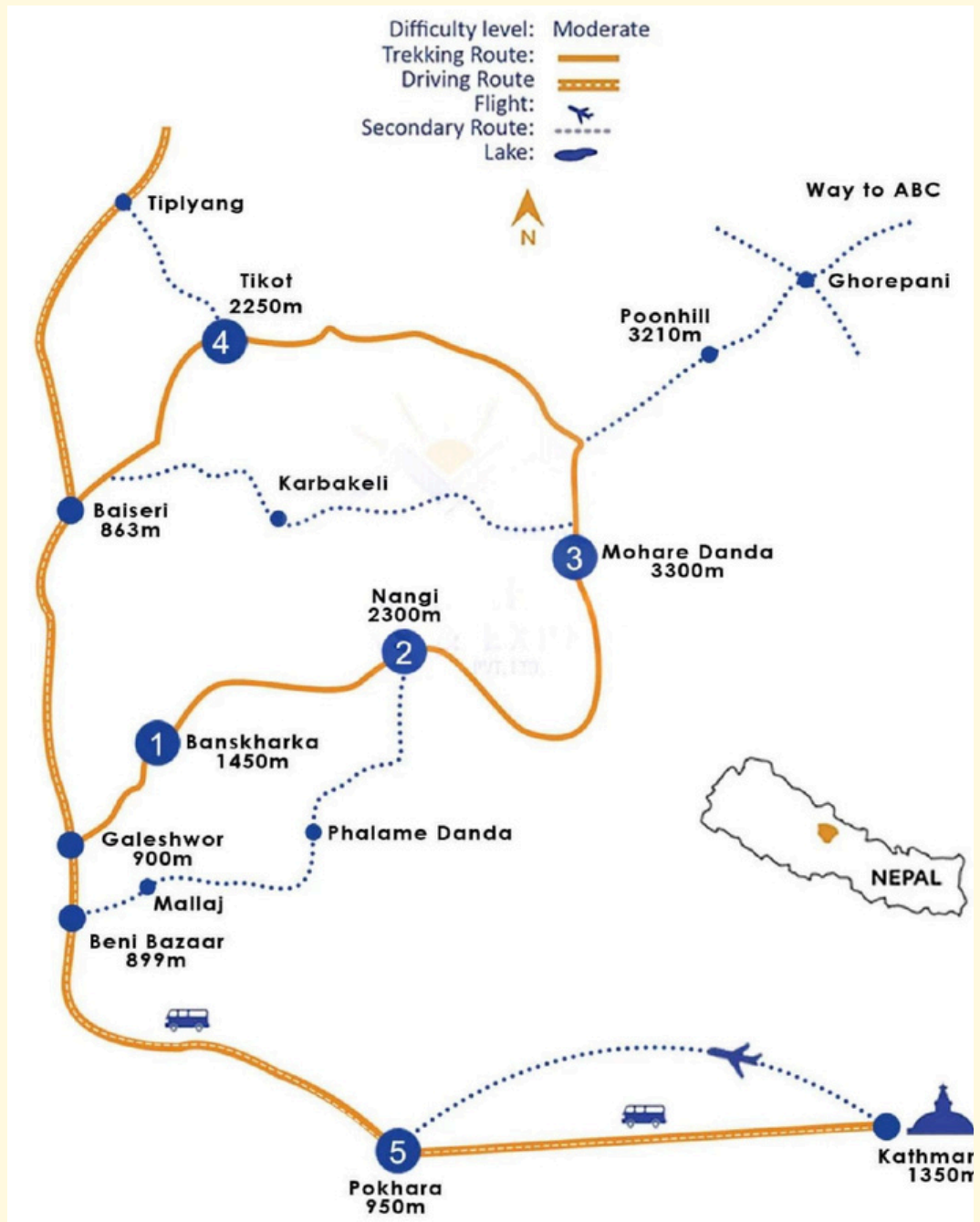
The Mohare Danda Trek, also known as the Community Eco-Trek, is a new trail in the Annapurna foothills that promotes sustainable tourism and supports local villages. The route passes through rhododendron forests, orange orchards, and traditional settlements, offering authentic cultural experiences. From the summit of Mohare Danda (3,300 m), trekkers enjoy stunning sunrise and sunset views over Annapurna, Dhaulagiri, Machhapuchhre, Nilgiri, and Tukuche. Perfect for those seeking natural beauty, cultural immersion, and a quieter alternative to the classic trails.

Mohare Danda Trek is the best way to have a short retreat and take you away from the bustle of the city. The trail is not crowded because not many trekkers know about this route, and it presents a tranquil and peaceful journey. Mohare Danda Trekking is also a good alternative to the famous [Ghorepani Poon Hill Trek](#). You can check our Mohare Danda Trek map to learn in detail about the Mohare Danda Trek itinerary and route. For more information regarding the Mohare Danda Trek package or the Mohare Danda Trek cost, feel free to contact us anytime.

Difficulty: Easy

Content

• Map and Altitude profile	3
• Itinerary of Mohare Dhanda Trek	4-6
• Accomodation.....	7-8
• Transportation.....	9
• Food.....	10
• Packing List and Imp hints	11
• Clothing and Accesories on Trek.....	12
• Cost Includes and Excludes + Price.....	12
• About US	14-15



Day 1: Arrival in the Kathmandu

After the group's arrival at Tribhuvan International Airport in Kathmandu, our office representative will warmly receive the guests and transfer them to the hotel. Depending on the arrival time, a short walk around the Kathmandu Valley near from the hotel will be arranged to help guests relax and begin to experience the local culture and surroundings.



1.5 hrs

Day 2 : Patan

Enjoy a cultural day hike through the traditional Newar villages of Bungamati and Khokana, known for their rich heritage, ancient temples, and timeless lifestyle. Walk along rural landscapes before heading toward the historic city of Patan, famed for its exquisite architecture and vibrant Durbar Square. This easy hike offers a perfect blend of culture, and history.

A City guide will accompany the group, sharing insights into the local traditions and craftsmanship along the way.



2-3 hrs



3-4 hrs

Day 3: Drive to Pokhara

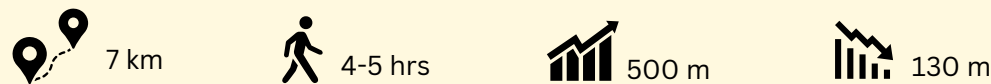
Today, we take a scenic drive to Pokhara, Nepal's beautiful lake city. The journey offers picturesque views of terraced fields, rolling hills, rivers, and glimpses of snow-capped Himalayan peaks along the way. Passing through vibrant towns and rural landscapes, the drive itself is an introduction to Nepal's diverse beauty. Upon reaching Pokhara, you can relax by Phewa Lake or explore the peaceful surroundings. This charming city is the perfect gateway to your upcoming trekking adventure



8 - 9 hrs

Day 4 Drive from Pokhara to Galeswor via Beni and Trek from Galeswor to Bas Kharka : 1526 m

The Mohare Danda community base eco-trek starts from the religious sacred site Jyotirlinghishwor Mahadev temple Galeswor Dham (1,170m), drive 86 km from touristic city Pokhara via Beni (Beni to Galeswor 3 kilometer). Don't forget to visit Galeswor Lord Shiva temple; according to the primeval holy text, Srimad Bhagwat Maha Purana, Galeswor is considered to be one of the most sacred sites amongst the world's 15 pilgrimages. Now, the trek starts after crossing the suspension bridge on Kaligandaki River heading to the Bans Kharka passing scattered farmhouses, and ascending through the jungle. Finally, 2 ½ to 3 hours walking you will approach a beautiful village. The rest of the time wandering around the village exploring the culture of the Magar community and their live hood. During October and November, the orange orchard becomes fruitful. Stay overnight at someone's house as a homestay.



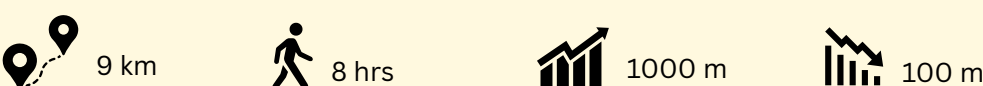
Day 5 Trek from bas Kharka to Nadi Village : 2300 m

Today the trail ascends through the forest and farm terrace to a little village Danda Kateri in 3 hours walk, where you will have lunch with the amazing landscape and Kalagandaki valley view. After lunch, it is a relaxed walk on to Nangi Village, where you will spend the night in the community lodge or at homestay. Nangi (2300 m) is the birthplace of Dr. Mahabir Pun who won the Ramon Magsaysay Award in 2007 for Community Leadership epically for the wireless internet effort. This is a great inspiration for the trekkers; how communities can come together for the development using local resources and local empowerment. The community base Himanchal High School is one of the examples, a model educational institution that is worth visiting. You will see how the local's people make handmade paper from the locally grown plants (Lokta), visit a medicinal plant nursery, and a number of other income-generating projects. You will be spending the night either in a community lodge or at a homestay.



Day 6 Nadi Village to Moharae Dhanda: 3300 m

After having breakfast at homestay, the trail rise through a lovely, pristine forest, with magnificent views of the snowcapped mountains including Mt. Dhaulagiri (8,167m). This is a tough hike for 6 to 7 hours to get in Mohare Danda (3,300m), however, your efforts will be somewhat diminished by the fact that you'll be coming across some fantastic views and walking through forests of oak and rhododendron, and clumps of bamboo groves. From the top of Mohare Hill; you can grasp the Himalayas stretching as far as the eye can see, with close-up views of Machhapuchhre (Fish Tail Mountain), Annapurna South, Nil Giri, and Dhaulagiri. Don't be surprised to meet yaks grazing nearby trails in the Kharka (pasture Land). The community lodge is located in the wilderness and peace, there is no other house of villagers here, nonetheless here is the highest wireless internet relay station in Nepal, providing internet to the remote villages for schools and health posts that use Tele-Medicine, linking up with hospitals in Kathmandu to provide better healthcare in the village's concept by Dr. Pun. Mohare Danda is the main destination of the Annapurna community Eco-trek; you have mesmerizing views of sunrise and sunsets from the lodge over the magnificent mountains. Staying overnight at community lodge.



Day 7 Mohare Dhandha to Tikot : 2250 m

You will be enjoying magnificent mountains view while sunrise. This is another most important day of the trek; most of the time you will see amazing mountains view above the world's deepest gorge of Kalaigandiki valley. After having breakfast, you will walk along the ridge, with wonderful views in every direction. And the trail descends through the forest to the Danda Karka taking 2 to 3 hours, where you will take lunch. After being energized by lunch, now the trail continues down passes through the changing scenery to the Tikot. Look around the village to observe the traditional village and culture. You have a great experience of the Nepalese rural lifestyle in this day; where people carry huge mountains of grass to feed their cattle and watch the children with their books and dress on their way to school, you may participate with villagers working on their farm. You will get to Tilkot (2,250 m) after 6 to 7 hours walk, this is another appealing settlement inhabited by Magar ethnic, you spend the night either in a community lodge or in someone's home.



12 km



6 hrs



200 m



1300 m

Day 8 Trek from Tikot to Tipling and Drive back to Pokhara via Beni

This is the last day of your Mohare Danda Trek. So after breakfast, you will start the trek from Tikot, the trail goes downhill to Tipling with remarkable sheer views down to the Kali Gandaki river underneath. After two hours downhill walk we get in Tipling at Kaligandaki corridor High way. Drive back to Pokhara by bus/Taxi taking 3 to 4 hours. Then your own Destination.



8 km



4-5 hrs



500 m



600 m

Day 9: Rest day in Pokhara

Enjoy a relaxing day by Phewa Lake with stunning mountain views. Explore Lakeside cafés, take a boat ride, or simply rest and recharge before the journey ahead.

Day 10: Flight to Kathmandu from Pokhara

A short and scenic 25–30 minute flight offers breathtaking views of the Himalayas before arriving back in Kathmandu.

Day 11: Departure day

Accommodation



Hotel in kathmandu : 3 STAR HOTEL



Hotel in Pokhara : 4 STAR HOTEL

Rooms during the Trek



During the trek, tea houses offer basic yet cozy accommodation with twin-sharing rooms, simple bedding, and shared bathrooms. Meals are hearty, featuring Nepali and international dishes. Facilities vary with altitude—lower regions have more amenities, while higher areas are simpler. Tea houses provide a warm, friendly atmosphere, often with communal dining areas and stunning mountain views, making them perfect for rest and cultural exchange along the journey.

Transportation



For: 10 Pax , All road transfers between towns and trekking starting points are provided in air-conditioned vehicles, ensuring a comfortable and cool journey throughout the trip.



Above 13 Pax , All road transfers between towns and trekking starting points are provided in air-conditioned vehicles, ensuring a comfortable and cool journey throughout the trip.

Food:

We will discover delicious Nepali vegetarian food, Asian (Chinese and Indian) and Continental (European) cuisines.



Maximum altitude :4500 m (13,333 m) with well-marked trails.

Best Season: March – May / Oct – Dec

Packing list for Mohare Dhanda Trek

Pokhara (827 m) Daytime 22°C – 30°C Night 14°C – 18°C

Weather: Warm, pleasant, and generally clear; occasional pre-monsoon showers possible.

Annapurna Region (1700 – 4400 m) Daytime: 2°C – 22°C Night: -4°C – 12°C

Weather: varies with altitude

Some important hints :

- Scan VISA cards, passports and other critical documents to phone or email for easy access.
- There will be one porter between two trekkers, carrying a maximum of 20 kg (10 kg max. each) in a supplied soft duffel bag(s).
- Please keep packing to a minimum and & lt; 10 kg if possible.
- Each trekker to carry water, jacket, fleece, camera and daily needs in a small back-pack
- Most toilets on trek will be traditional squat toilets, with no toilet paper because local people wash themselves with their left hand and water, then wash their hands really well afterwards. Having some hard soap or hand-sanitiser is obviously a good idea. It's advisable to bring some wet wipes or toilet paper but discard it in the bin or bring the used paper with you in zip lock bags to be polite as throwing it down the hole is not advised.
- If you can't do without technology, think about bringing a camera or phone (with extra storage/batteries), charging cable (and universal plug adapter), power bank (solar optional), and offline trekking map app (Maps.me, Gaia , GPS).
- You cannot drink water from the tap, anywhere in Nepal, not even brush your teeth with it! Bottled water is universally available, but it is not environmental sustainable (think millions of plastic bottles that are not recycled).
- Money exchange are available in kathmandu and Pokhara. So when you arrived in kathmandu you can easily change the USD in NPR.

Clothing and accessories on trek

- Small back pack with thin packliner and rain-cover
- Beanie
- Sun hat
- Balaclava, buff or neck gaiter
- Fleece or wool gloves
- Windproof outer gloves (optional for High Camp)
- socks
- undies
- polyprop/merino long-sleeved
- top and leggings for walking
- polyprop/merino long-sleeved
- top and leggings for sleeping
- polyprop/merino short-sleeved
- top for walking
- lightweight hiking shorts (lower altitude)
- lightweight trekking trousers (evening)
- polar fleece
- down jacket
- waterproof windproof raincoat
- Boots with ankle support (well-worn-in)
- Ultra-lightweight EVA plastic
- sandals (evenings)

Other

- Headlamp with extra batteries
- Sunglasses (snow)
- Notebook & pen
- Reading glasses

Included:

- All meals are included on the whole itinerary (B,L,D)
- All the accommodation as per the itinerary.
- All legal permits to visit the trekking region
- Professional Guide and porter
- All transportation with a Air conditioned vehicle.
- One duffle bag per person for the trek.
- Sleeping bags but need to return after the trek.
- Company T-shirts.
- 1 Porter : 2 Guests.
- 1 Assistant Guide : 4 guests
- Insurance of our guides and Porters



Duffle bag

Not included:

- Personal expenses.
- Shower in the Treks and not included.
- Wifi and battery charge are not included in trekking trails, So better to have a power banks.
- Not included beverages (Alcoholic and Non alcoholic)
- Tips for staff (guides & drivers)
- International flights
- Personal travel and medical insurance that includes rescue evacuation

Min Pax - Max Pax : 4 Pax - 10 Pax

Preis:

4 to 10 Pax : 1350 CHF

Extra 350 CHF for Single Supplement room in Kathmandu and Pokhara

Accommodation:

Hotel accommodation in Kathmandu, Pokhara are in the good hotel but during the trekking the it will be a Basic Tea Lodges with all the basic amenities.

No Single rooms will be available in the Trekking Trails.

Note : During our stay in the Trekking we will be staying in the basic Tea House Lodges with the basic amenities.

SAMSARA OUTDOOR

Who are we?

Samsara Outdoor (<https://samsaraoutdoor.com/>) was established in 2016 to focus on exclusive and personalized trekking itineraries within Nepal. We are based in Kathmandu alongside our partner company, Samsara Garden (<https://www.samsara-garden.com/>) a sanctuary of peace in the bustle of our large city. We offer personalized travel and trekking services in Nepal and work with you to personally tailor your holiday and outdoor adventures. Your safety, comfort, and a wonderful time are our primary concerns. We have a team of dedicated and experienced trekking guides, porters, and other partners who will ensure a memorable trip.

Samsara Outdoor is your one-stop company from which you can explore our beautiful country, experiencing culture, local flavor, walks and treks.

SOCIAL RESPONSIBILITY

Our commitment

We are a dedicated team of young and enthusiastic trekkers, and we love our country and are committed to preserving the natural, physical, and culture beauty of our country and its people, for future generations. We want to ensure that, through our work and services, we provide for our staff, their families, the communities that we pass through, and our clients who become our friends. Protecting the environment – a minimal footprint. The spectacular natural environment in Nepal is our primary resource for prosperity, so we do our part by managing waste and disposing of it carefully. We take the utmost care to maintain biodiversity while traveling around in nature, leaving only out footprints.

Guiding and helping those in need

It is our responsibility as humans to assist anyone in need. We support and guide people while traveling and donate through charities to people and places in remote parts of the country. Honest and fair business. We believe in fair and honest business with our staff, partners and clients. I not just about the money in this business; we are genuinely committed to treating all our staff, our business partners, and clients respectfully, and with gratitude.

Supporting economic growth

Along with the benefits that we receive through our services, we contribute to the economic growth of the communities we collaborate with, and in doing so, we contribute to the total income of Nepal. We are always seeking to support and generate employment opportunities through our services, as it is a team business.

Nurturing the next generation

Making a difference one child at a time

SUNITA DREAMING, established Nima and Padam Shrestha, founders of Samsara Outdoor, Kathmandu, is providing a safe home, education and a future for a young Nepalese girl, Sunita Gurung, Pasang Doma Sherpa and Ang Furba .

The goal of SUNITA DREAMING is to support one child at a time, but momentum is gathering towards the establishment of a vocational guidance workshop to provide training for any vulnerable children and young people so that they can look securely towards a strong, safe, and independent future.

At present we are investing into SUNITA DREAMING through a variety of means such as fund-raising and personal donations from our supporters. Five percent of net profit from Samsara Outdoor treks are being invested into this project.



From the Left Angfurba, Pasang and Sunita