Khumai Danda Trekking : Offbeat Trek for Women Explorers

Annapurna Region

Trip Facts

REGION	DURATION
Annapurna	**9 Days**
DIFFICULTY	ACTIVITY
Moderate	**Trekking**
MAX. ALTITUDE	BEST SEASON
3700 m	**March, April, May, September, October, November**
ACCOMMODATION	MEALS
Tea-House (Lodges)	**Breakfast/Lunch/Dinner**
START/END POINT	GROUP SIZE
Kathmandu - Kathmandu	**2-30**
TOTAL DISTANCE	TRANSPORTATION
Approx. 35 km.	**Private vehicle**

Group Prices and Discounts

USD 750 per person

No. of travellers	Price per person
1 Pax	USD 850
2–4 Pax	USD 798
6–12 Pax	USD 750
13–19 Pax	USD 750

Overview

Kumai Danda Trekking, often spelled and pronounced as Khumai, is a scenic high hill with a magnificent panorama of Nepal's Mid-West Himalayas. The Khumai Danda Trek leads you to the hidden pockets of the Annapurna Himalayan range,

offering a short and easy journey to Khumai Danda and its surrounding traditional hill villages in the Annapurna Region. Only a few groups of trekkers seldom venture around the picturesque hilltop ridge of Khumai Danda. This trek can be a perfect **adventure for women** of all ages whether you are travelling solo or with your fellow female explorers. **Women Adventures** organizes this trek with the support of an experienced **female trekking guide in Nepal**, ensuring a safe and inspiring experience for all. Kumai Danda Trekking is a perfect holiday adventure destination due to its remote and isolated location, yet close to the scenic Pokhara.

You can spend a few days or more, in the close harmony of a tranquil and pristine environment. The walk leads through the lovely hill villages of Ghachowk and near Lhachowk villages. These villages are inhabited by the Gurung hill tribes of **Annapurna Himalayas**, trekkers can enjoy the traditional heritage life and farm activities. Slowly, the climb leads to a steep climb to reach the ultimate highlights of the moderate adventures. On top of a high hill at Kumai Danda, enjoy the alluring panorama of the Annapurna Himalayas standing close in front of majestic towering Machhapuchare Himal, the famous Fish-Tail.

The dominant staggering peak as seen from all around the southern hills and valleys of the Annapurna range. You can explore the lifestyle of the women in the Khumai Danda region which is truly inspiring, showcasing their resilience, strength, and cultural richness. Their stories and daily experiences serve as a powerful testament to the importance of women's roles in their communities, playing a significant part in promoting and encouraging **women's empowerment**.

After a marvelous moment around the high scenic hills at Kumai Danda, with a hike to Korchan Danda - the highest spot of the adventures with captivating views of Annapurna, Lamjung, and far towards Dhaulagiri in the far west - the **Khumai Danda trekking 9 days** journey come to an end on reaching the road-head at Ghachowk village. A smooth drive brings you to beautiful Pokhara to conclude a wonderful and delightful short adventure to **Khumai Danda Trekking** with **Women Adventures**.

Highlights

- Head on an empowering journey to Khumai Danda Trekking with your female friends creating a safe and inspiring environment pushing your limits and enjoying the beauty of the trek.
- Connect with local women of different areas and traditions.
- On the hidden trails to the scenic hills of Khumai Danda amidst beautiful locations.
- Explore traditional mountain villages of age-old traditional heritage of farm life.
- Trek with picturesque scenery of massif mountain range of Annapurna Himalayas.
- Adventure beneath majestic Machhapuchare Himal, the famous Fish-Tail peak.
- Amazing diversity of landscapes, vegetation and views within a short time frame.
- Experience the journey with Women Adventures, guided by a trusted **trekking guide in Nepal** for women-only groups and safe travel.

Route Overview

Trekkers planning to join for **Khumai Danda Trekking** or other adventures around the Nepal Himalayas should be aware that Nepal is a country of high land of mid-hill to higher mountainous landscapes and terrains. The trek involves a lot of uphill and downhill sections, with only a few gradual paths to enjoy along the way. The only flatland is the low sub-tropical Terai belt around southern Nepal.

Khumai Danda is a high hill and the path to the danda starts with steep ups for some hours and then a short descent. From the Hyanja village onwards to Khumai and Korchan Danda is a steep up for some hours followed by a few short and gradual paths on the winding trail to reach designated overnight stops. Once on top of Korchan and Kumai Danda, the highest spots of the adventure, offers a beautiful views of surrounding hills. The return journey is on a pleasant winding downhill to reach the road-head at Ghachowk Gurung farm village.

The walk is mostly on forested paths, with some stone steps near villages. On leaving the main village of Hyanja, at Khumai and Korchan Danda, the tree lines drop for a few alpine bushes. The downhill trail includes a steep section but offers a more or less enjoyable walk along with surrounding glorious scenery.

Women Adventures provides professional and reliable service through its **female trekking guide in Nepal**, ensuring an enjoyable and empowering **Khumai Danda trekking women only** journey in a safe environment.

Book your Khumai Danda Trekking experience with Women Adventures today and explore one of the most beautiful, offbeat destinations in the Annapurna region.

Itineraries

Day 01: Arrival in Kathmandu 1,340 m and transfer to hotel.

Upon arrival at Kathmandu's Nepal International Airport, you will be welcomed by our team of female staff and guides. A short drive takes you in the hub of Kathmandu city around Thamel area to your hotels. After checking into your lovely rooms, getting refreshed from the Jet Lag. Later, join with other members of the Khumai Danda Trek at meeting room for briefing. Our female guide or group leader will provide information about the treks, local lodges, and food options. The briefing will includes a wide range of information to make your holiday meaningful and enjoyable. Overnight at Hotel.

Day 02: In Kathmandu with sightseeing tour and trek preparations.

The day begins with breakfast, followed by visits to two significant sites: Pashupatinath Temple and Boudhanath Stupa. The tour is escorted by a government certified female tour guide.

Pashupatinath Temple, a UNESCO World Cultural Heritage site, is a revered Hindu temple dedicated to Lord Shiva. Located by the Bagmati River, it hosts Hindu cremation ceremonies and is especially important during Shivaratri, attracting numerous pilgrims.

After breakfast, we'll visit Boudhanath Stupa, one of Nepal's largest stupas, positioned east of Kathmandu. It's notable for its significant size and height, as well as its four pairs of eyes representing Mahayana Buddhist principles. Following a quick city tour, we'll return to the hotel to prepare for tomorrow's trek. The overnight stay will be at the hotel.

Day 03: Fly to Pokhara 860 m (30 mins by air) and transfer to hotel by the Phewa Lakeside.

In the morning, after breakfast, our Women Adventures staff and guide will meet you for a short drive to the airport for your flight to Pokhara. On reaching Kathmandu Domestic Airport Terminal, after checking in, then get on board in a moderate size aircraft. A sweeping flight of 30 minutes, overlooking astounding panorama of Himalayan Peaks will take you to Pokhara. On landing at Pokhara Airport, get organized with the baggage, and a short drive takes you to your hotels which is located near Phewa Lake Side, a lovely place to enjoy. Overnights in Pokhara, a city blessed with natural beauty of mountains and lakes. You will have time for stroll around the Lake side, the streets are lined with best restaurants, shops and stores.

Day 04: Drive to Hyanja 1, 170 m and start trek through Ghachowk to Hile Kharka 2,160 m-06 hrs. with 45 minutes drives.

We will depart from the hotel in Pokhara for an exciting and scenic short drive to the starting point of trekking. The drive heads beyond Pokhara Valley facing views of Annapurna Himalayas then reaching at Hyanja village. From here we should get organized with the baggage and backpacks with needful items for the treks. You will follow the lady expert guide heading across Mardi River crossing a bridge and then climb towards Ghachowk. A nice typical hill village, mostly inhabited by the Gurung ethnic tribe of people. From here onwards a steep climb on stone steps then on the country hill trails to reach remote Hile Kharka, a small settlement. In Nepal, Kharka means a place of cattle herder shelters. Enjoy the comfort of a simple lodge for an overnight halt with views of surrounding hills and snow peaks.

Day 05: Trek to Kumai Danda 3,245 m-05 hrs.

From Hile Kharka after a good simple breakfast with refreshing cool mountain air, the walk leads towards our ultimate destination to Kumai Danda. The trail follows through lovely forest lined with tall rhododendrons, and pines with some bamboo grooves. The path gets narrow with steep climbs but once you reach the top of Khumai Danda, the tough steep climb rewards you with a stunning panorama. Enjoy the grand vista of Mt. Dhaulagiri and Annapurna Himalayas with close views of majestic Machhapuchare Himal. At Khumai Danda overnight in the comfort of a nice and simple lodge with basic facilities. Due to its remote, isolated location, and with few numbers of visitors the lodges are simple but in the near future it is expected that the lodge will upgrade.

Apart from the lodges the Khumai Danda offers the magnificent scenic surrounding which is the main highlight of the trek, so enjoy the glorious panoramic scenery. Celebrate the success of the Khumai Danda trek with your female friends, guides, and porters, feeling proud of having accomplished this journey together as strong and determined women.

Day 06: Trek to Korchan Danda and continue to Ghachowk and drive to Pokhara-07 hrs. 6 hours walks and an hour drive to Pokhara.

In the morning you can enjoy the striking sunrise views, as the light touches the snow-capped peaks. After a mesmerizing scenery, walk towards next scenic viewpoint to Korchan Danda, the highest point of the adventure. The walk leads to short downhill and then climb for an hour to the top of Korchan Danda.

A high scenic ridge with breath-taking panorama of Machhapuchare, Annapurna Himalayan peaks at close distance. After a joyous moment then head downhill slowly on steep-sided narrow path. Enjoy the long descend to Ghachowk village, then take a short exciting drive to Pokhara. At Pokhara, enjoy rest of the day at leisure exploring around the interesting streets of Lakeside.

Day 07: Fly to Kathmandu and transfer to hotel.

As time for short scenic flight to Kathmandu from Pokhara, you will depart from the hotel. It takes about 30 minutes drive to reach Pokhara airport. After checking in through security then get on board in a moderate size aircraft for sweeping panoramic flight back to Kathmandu. On arrival, you will transfer to your hotels, rest of the day at leisure.

Day 08: In Kathmandu free day, for individual activities with options for tours.

A free day in Kathmandu to enjoy relaxing moments and for individual activities and shopping spree. You can shop for souvenirs from Nepal from handicrafts to jewelers etc. Interested people can opt for another exciting tour of Patan and Bhaktapur cities on request.

Day 09: International departure for homeward bound.

Last day in Kathmandu and Nepal, after an overwhelming adventure and experience around Khumai Danda and the Annapurna Himalayas. As time for your international flight, our lady guide and staff will transfer you to the airport. Then bid farewell to Nepal, guide, and staff; as you enter the air terminal for homeward bound or to next port of call.

The schedule may change because of the weather and other conditions outside our control.

Cost Includes & Excludes

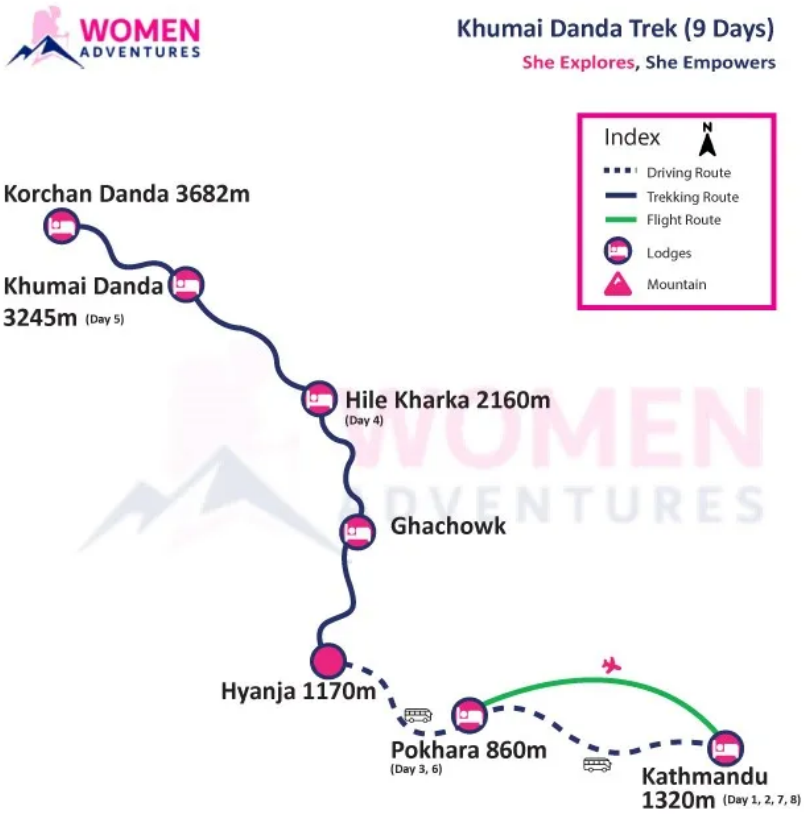
Cost Includes

- Airport Pick Up and Drop Off (International & Domestic)
- 3 star standard hotel with breakfast in Kathmandu (Nepal standard)
- 3 star standard hotel with breakfast in Pokhara
- Tea house (Lodge) accommodation during trek
- All meals (Breakfast, Lunch, and Dinner) during trek
- Tea / Coffee (3 times a day) during trek
- A professional Trekking Guide, Porter (Helper), and Assistant Guide provided for more than 5 trekkers.
- Air ticket (Kathmandu-Pokhara)
- All food, drinks, lodging, salary, insurance, medical equipment, and transportation for Trekking Staff
- Private transfer (Pokhara-Kande, Khoramukh-Pokhara, and Pokhara-Kathmandu)
- 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, your personal insurance coverages that should include the emergency helicopter evacuation, and any kind of expenses created due to unforeseen circumstances.
- Lunch and Dinner in Kathmandu and Pokhara.
- Tips for Guide Porter & Driver (Tips are not mandatory but expected, and recommended)
- Any other services that is not mentioned in Inclusion section

Trip Map



Food and Culture

Food and accommodation are important, besides the best seasons for trekking to Khumai Danda. After staying in a nice tourist standard hotel in Pokhara, the food and lodge accommodations around villages are simple. En route to designated overnight stops, the lodge accommodation is nice and small providing a limited food menu to enjoy. In Nepal, the favorite and common meal is Nepali Dal Bhat, boiled or steamed rice. It is served with mild seasonal vegetable curry, including Dal, a lentil bean soup with homemade pickles, and hot sauce as options. The food menu lists from breakfast, lunch, and dinner to snack items.

Breakfast from oats porridge, and cereals to cornflakes with toast/ chapattis, and pancakes includes a choice of egg variation. Lunch and dinner options include a variety of main courses from Continental, Chinese, Indian, Nepali, and Tibetan cuisines, along with a selection of soups. The most common food for snacks and main course is the Nepali Dal, Bhat with vegetables which include meat curry where available, mostly buffalo dry meats and fresh chicken are rare sometimes. The most available food besides Dal, Bhat is noodles, fried with vegetables or eggs. Another item is Tibetan Bread which is made from wheat, millet, or barley flour. Sometimes vegetable dumplings are also available, along with fried or boiled potatoes. Fresh bakery bread is rare around most villages en route to Khumai Danda Trek, but one can order pancakes or chapattis'.

It goes well with fresh country honey, jams, and pickles or butter to add along with refreshing hot drinks. In hot drinks, you can order Nepali Tea, coffee, and drinking chocolate where available. The lodge accommodation en route to Khumai Danda Trekking and on return treks stay in huts and small cottages which serves as a homestay, run and managed by the local village community. The rooms are simple, nice, and cozy. They have a large dining room with a fireplace to heat the rooms while you enjoy the meals. Attached Bathrooms and Toilets are not available in most places,they provide only the common

toilets and bathrooms. All lodges and Home Stay huts have electricity for the dining room powered by local hydro or solar power.

Trekkers can charge electronic items at an extra cost per hour and for each gadget. **Internet and Wi-Fi** are available, but slow and disturbing in some places due to weather and conditions of landscape terrains. Nepal is a country of great diversity of landscape and people with their age-old religions, cultures, and heritage. The mid-hill people around the Annapurna Himalayas and Mid-West Nepal are the Magar and the Gurung hill tribes. The Gurung are the main inhabitants around the southern hills of the Annapurna Himalayas. The other tribes that can be found in this region are Chettries and Bhawan with some Dalits en route to Khumai Danda who mostly follow Hinduism. Hence the name Khumai comes from a Hindu Brahmin high caste. Although the main inhabitants are Gurung with Ghale, the ethnic hill tribes follow the Buddhist religion and Bon. Bon is an ancient pre-Buddhist sect, worships of nature and mountain spirits, and practices Shamanism also. The Gurung, Ghale, and Hindu tribes of Chettries and Bharamins are predominantly farmers and cattle herders with livestock.

Women Adventures ensures all accommodations are safe, community-based and locally managed to provide authentic cultural immersion while supporting women-led tourism in Nepal.

Equipment List

General

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

Daypack

- Down Jacket (you can borrow with us if required).
- Fleece liner (you can borrow with us if required).
- Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- Water bottle with purification tablets.
- Hand wash liquids.
- Lip guard.
- Sun-block cream.
- 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

- Cap and ears covering hat.
- Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

Hand

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

Body

- T-shirts – few.
- Light and weight thermal tops and warm thermal top.
- Light jacket and vest.
- Wind and rain jacket.
- Shirts and warm shirts.

Lower Body – Legs

- Long and short hiking pants.
- Lightweight and warm long underwear.
- Rain and windproof trousers and warm trekking trousers.

Feet

- Thin and thick socks.
- Trekking boots, light shoes, and sandal.
- 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).

- Headache and fever medicine.
- Ibuprofen for general aches and pains.
- Burnt cream.
- Imodium or Pepto Bismol capsules for upset stomach and diarrhea.

Antibiotics.

- Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous

- Passport and extra passport photos (2 copies).
- Durable wallet/pouch for travel documents, money and passport.
- Pocket knife.
- Bandanas.
- Favorite snack foods and energy bars

- Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- Binoculars.
- Camera.

Women's Health Essentials

- Sanitary pads / tampons / menstrual cup
- Biodegradable disposal bags
- Extra underwear
- Pain relief medication (for cramps)

For more about this trip, see https://www.womanadventures.com/packages/khumai-danda-trekking

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