Mohare Danda Trekking : Community-Based Trek for Women

Annapurna Region

Trip Facts

REGION	DURATION
Annapurna	**12 Days**
DIFFICULTY	ACTIVITY
Moderate	**Trekking**
MAX. ALTITUDE	BEST SEASON
3300 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. 68 km	**Private vehicle**

Group Prices and Discounts

USD 850 per person

No. of travellers	Price per person
1 Pax	USD 1,300
2–4 Pax	USD 999
5–6 Pax	USD 850
7–12 Pax	USD 720

Overview

Mohare Danda Trekking is a moderate Nepal trekking adventure of less than a week duration trek that takes you to the highest point Mohare ridge. On top of scenic Mohare Danda, a high ridge with a grassy meadow offers a spectacular

panorama of Mid-West Himalayan peaks. One can enjoy stunning sunrise from the top of the Danda which is our goal and one of the **major highlights of the Mohare Danda trek**. It can be a perfect adventure for women of all ages whether you are travelling solo or with your fellow **female explorers**. Mohare Danda Trekking is fresh and unique than other mainstream popular adventure destinations around Nepal Himalayas and is increasingly featured in **Nepal trekking packages**.

For those people who are interested in enjoying short and different types of walking routes, Mohare Danda can be the perfect choice. It is a short and enjoyable adventure to trek and explore the pristine wilderness walk on off-the-beaten trails. The beauty of Mohare Danda Trekking is the tranquil surroundings, walking on a dense forest trail amidst lovely rhododendrons and pines, oaks, magnolia, and fir trees with exotic vegetation facing alluring views of beautiful landscapes and snow peaks. The other interesting about this short adventure is walking around untouched and unspoiled farm villages, where few groups of trekkers seldom venture, this is why the lodge accommodations are simple and basic. The village communities run and manage homestays for the travelers, providing guests with warm and homely hospitality. Explore the lifestyle of the local women in the **Mohare Danda trekking region**, be inspired by their strength and resilience, and see how they play a vital role in supporting women empowerment. Travelers can experience a touch of local impressive cultures, along with meals served and cooked from the organic vegetable gardens. With *Women Adventures*, you'll also access curated, community-run stays that directly support local women.

The trek begins with an exciting drive from scenic Pokhara to reach the western region of Mygdi district at Beni Town. Then, to Galeshwor village to start the trekking, heading uphill through the farm villages and settlements. Overnight in the comfort of local lodges and Home Stay Huts to enjoy the typical Nepali meals. The climb finally reaches Mohare Danda, the highest point of the journey, to enjoy the brilliant sunrise along with the arrays of towering snow-capped peaks- an unforgettable moment of the *Mohare Danda Trek itinerary*.

On the return journeys, we take an alternative route. The walk follows a long descent, then reaches the road-head to complete the walk. A short and interesting drive brings you to beautiful Pokhara city by the calm Phewa Lake after an enjoyable experience on Mohare Danda Trekking with the excellent services of the Women Adventures guide and staff.

Highlights

- Head on an empowering journey to Mohare 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.
- Stunning sunrise views over chain of Mid-Western Himalayan snow peaks.
- Fascinating scenic walks from dense green forest to above the tree lines.
- Enjoy peaceful treks away from mainstream around undisturbed environment.
- Explore rural traditional farm villages on least ventured areas of Mohare Danda.
- Spectacular panorama of Dhaulagiri, Annapurna's as far as Manaslu Himal range.
- Experience trekking with a female trekking guide promoting woman only trekking in Nepal initiatives.

Route Overview

Trekkers planning to join Mohare 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.

Mohare Danda is a high hill to conquer. The Mohare Danda trek map starts with steep ups for some hours and then a short downhill. From the Galeshwor village onwards to Nangi and Mohare Danda is a steep up for some hours. Following a few short and gradual paths on the winding trail we reach to designated overnight stops. The top of Mohare Danda is the highest spot of the adventure, and it is our goal and trek highlight. The return journey is on a pleasant winding downhill to reach the road-head at Tiplyang.

At the end of the walk, we will take an exciting drive to Beni and towards Pokhara. The walk is mostly on forested paths, with some stone steps near a few settlements. After leaving the main village of Galeshwor, at Mohare 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.

Secure your spot with Women Adventures - women-led guides, safety-first planning and authentic community stays.

Book the Mohare Danda Trek with *Women Adventures*!

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 Mohare 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 Galeshwor village 1, 170 m and start trek to Bhaise-Kharka 1, 526 m -06 hours with drives and walks.

Enjoy the glorious views of Annapurna Himalayas, after good breakfast we take an exciting drive which leads west of Pokhara city. As you drive from the valley outskirt through nice towns and farm villages, the views of Annapurna peaks follow you along the way. An interesting journey on Pokhara-Baglung, Beni highway, after few hours of good drive you will reach Beni. The headquarters Town of Mygdi district, from here a short to Galeshwor, a moderate village at the bank of a river. We will do a lunch in Galeshwor, and after getting organized, we start our walk towards gradual uphill. The walk leads through small farm village and hamlets, within well-tended terraces. After few hours of steady climb, we reach our overnight stop at Bhaise-Kharka.

A small farming settlement, with some simple and basic lodge accommodations. The huts, and cottages here are simple which provide nice and cozy rooms, serving as Home Stays. These lodge accommodations are managed by the local Magar village community, the main ethnic tribes of western Nepal Himalayas enriched with exotic traditional cultures. Overnight at local lodges. The driving distance from Pokhara to Beni Town is approx. 82 km / 51 miles, and about 6 km / 3.5 miles to Galeshwor. The walking distance from Galeshwor to Bhaise Kharka is 8 km / 5 miles.

Day 05: Trek to Nangi 2, 320 m - 06 hrs.

In the morning at Bhaise Kharka we will have our breakfast and after breakfast the trek starts for quite a long day walks to Nangi. We leave the nice small farm village behind and head for a slow climb within dense forested trail. As the climb continues with short refreshing breaks, the trail leads to high and cooler hills. After a great walk of the day we then reach Nangi for overnight halt. It is a small lovely place with simple stone-built huts and corrugated rooftop, offering another cozy Home-Stay lodge to enjoy.

After checking in a nice room, you will have time to visit the village's organic vegetable garden. The organic garden, with its field of crops, is maintained for an educational purpose and to boost the local economy of the Magar tribe community. The walking distance is approx. 15 km / 9.5 miles with a steep climb and some gradual uphill.

Day 06: Trek to Mohare Danda / Hill at 3,300 m -05 hrs.

Today's walk leads to our main goal and highlights of the adventure. We start the morning walk from Nangi. After experiencing the pleasant and warm hospitality of villagers, the walk follows with a climb through the dense forest covered in tall rhododendrons and pine trees with occasional views of snow peaks. The climb continues for some hours and then we finally reach the Mohare Danda, amidst a panorama of towering mountain ranges, including Mt. Dhaulagiri, Nilgiri's, Annapurna Himal, and the distant Manaslu Himalaya range, with the ever-present Machhapuchare Himal the Fish Tail Peak.

Mohare Danda is a high hill, a ridge with a wide green meadow, and a grazing pasture for cattle of the nearby villages. A place with a few small huts which provides another homestay accommodation for overnight stays. In the afternoon explore the virgin areas of Mohare Danda, where few groups of trekkers seldom visit around this isolated scenic hills. Celebrate the successful completion of the Mohare Danda trek with your female friends, guide, and porter. It is a remarkable achievement for women to conquer Mohare Danda together. The walking distance is approx. 12 km / 7.5 miles with steep uphill climb to reach Mohare Danda.

Day 07: Trek to Khibang 2,060 m-06 hrs.

Today we rise early morning to catch the stunning sunrise as the sunlight kisses the tips of the highest peaks including Dhaulagiri, Manaslu and then Annapurna group of peaks. It will be a glorious and exciting scenery to capture in your cameras. After a wonderful and refreshing morning view, enjoy the delightful breakfast at the highest point of the adventure. Then bidding farewell to the happy and ever cheerful villagers. The walk follows downhill to Khibang, with a few short uphill sections, but more or less downhill walks. After a long stretch of descent, we then reach Khibang for overnight in the comfort of a homestay hut or cottage. The homestay program is managed by the local Eco-community. In the afternoon you can enjoy the dramatic views of the snowy mountains. The walking distance is approx. 16 km / 10 miles from Mohare Danda to Khibang village.

Day 08: Trek to Tikot 2, 210 m - 04 hrs.

You can enjoy wonderful moments on the higher remote high hills. After breakfast, the walk follows down and up to Tikot. A short morning walk takes you to Tikot, a charming small village, where you will stop for lunch and an overnight stay. Enjoy the comfort of a nice lodge managed by the Magar Eco-Community. Rest of the day you can explore around and relax enjoying the magnificent scenery. The walking distance is approx. 9 k.m / 5.5 miles from Khibang to Tikot.

Day 09: Trek to Tiplyang 1,030 m-3 hours and drive to Pokhara- 03 hrs.

Today is our last day walk of the adventure, enjoy the trek from Tikot, heading downhill towards low warm areas reaching Tiplyang. It is located by the Kaligandaki River, a moderate size farm village, which is en route to Mustang and Pokhara via Beni town. At Tiplyang enjoy a refreshing lunch stop, and then drive for a few hours of exciting journey to Pokhara. Upon reaching Pokhara, you will transfer to a nice hotel by the side of Phewa Lake. Enjoy the afternoon exploring the lakeside, with grand views of Annapurna and Manaslu Himal range. Pokhara offers a wide range of Adventure Sports activities like Para Gliding, Bungee Jumping, Zip Line, Ultra-Light flight, etc. The total distance covered, including walks and drives, is approximately 112 km (69.5 miles) from Tikot and Tiplyang, with a driving distance of 22 km (13.5 miles) to Beni and 82 km (51 miles) to Pokhara.

Day 10: 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 11: 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 12: International departure for homeward bound.

Last day in Kathmandu and Nepal, after an overwhelming adventure and experience around Mohare 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

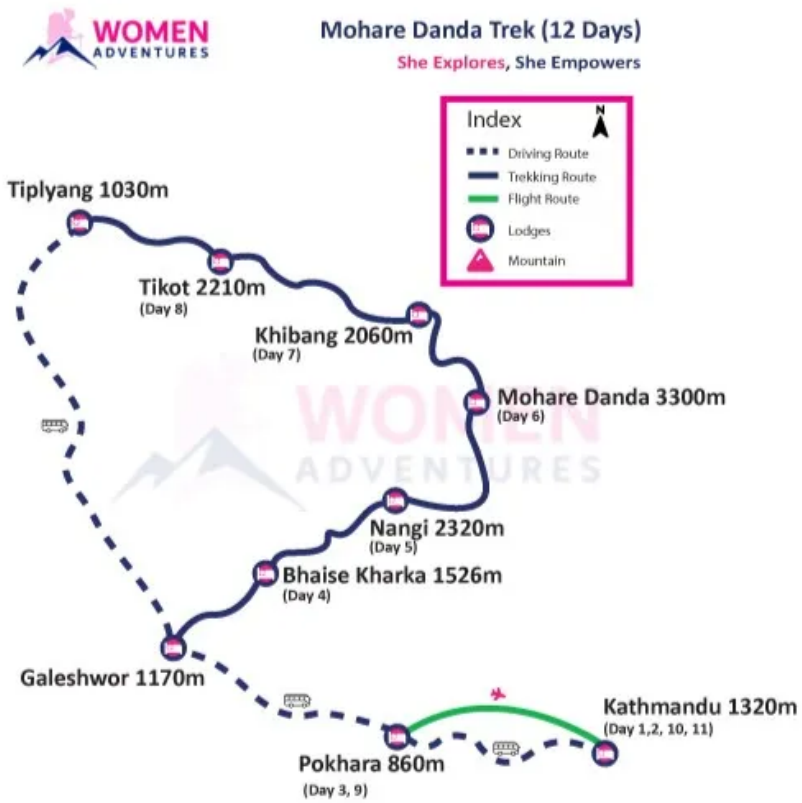
- Airport Pick Up and Drop Off
- 3 star standard hotels with breakfast in Kathmandu (Nepal standard) with breakfast
- 3 star standard hotels with breakfast in Pokhara (Nepal standard) with breakfast
- Tea house (Lodge) accommodation
- All meals (Breakfast, Lunch and Dinner) during trekking
- Tea / Coffee (3 times a day)
- Certified A graded female trekking guide, potter (helper), and assistant guide for groups consisting of more than 5 trekkers

- All expenses for the female trekking staff, including food, drinks, lodging, salary, insurance, medical equipment, and transportation.
- Private transfer (Pokhara-Galeshwor; Syaulibazar - Pokhara)
- Kathmandu Cultural and Historical Sightseeing with a certified female 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

Trip Map



Food and Culture

Food and accommodation are important, besides the best seasons for trekking to Mohare Danda trekking. After staying in a nice tourist standard hotel in Pokhara, the food and lodge accommodations around villages are simple yet fulfilling. 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 Mohare Danda, 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 Mohare 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. But on the west southern hills of Annapurna range, around the district of Mygdi is populated with a Magar tribe. The 3rd largest ethnic tribal group in Nepal, as well as the first major Hill Tribe in the country.

The Magar are predominantly farmers and cattle herders with livestock. The Magar and Gurung menfolk are also famous as **Gorkha Soldiers** in the Indian, Nepal, and British Army Regiments.

The Magar people worship both Hindu and Buddhist religions and cultures and celebrate their tribal festivals and events. On this trek, en route to **Mohare Danda** and during the return journey, you'll pass smaller villages such as Galeshwor, Nangi, Khibang, Tikot, and Tiplyang before heading back to Pokhara. Each offers a chance to experience authentic **Nepal trekking culture** and traditional farm life far from the main roads.

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)

Copyright © 2026 Women Adventures. All rights reserved.