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DOLPA TREK

Overview

Upper Dolpo Trek is a remote region in Nepal's far west. Upper Dolpo Trek is a challenging and remote trek that should be attempted only by experienced hikers. The Shey-Phoksundo National Park protects the territory. Upper Dolpo is located north of the Dhaulagiri Range, which runs along the Tibetan plateau. The trail crosses several rivers and glaciers, as well as rocky paths and numerous steep passes. Extreme weather, such as high winds and cold temperatures, is possible. Because there are fewer amenities along the way, hikers must be self-sufficient along the way. The Upper Dolpo region is even more remote and infrequently visited.

Upper Dolpo is located to the north of the Dhaulagiri Himal and borders the Tibetan plateau desert. The Upper Dolpo region is even more remote and infrequently visited. There are breathtaking views of mountains, grey hills, and grazing deserts in the alpine region, as well as ancient Bon Po and Buddhist sacred sites. The culture of Nepal's Dolpo district is heavily influenced by Tibetan influences. Upper Dolpo has some virgin wilderness. The area is part of the sedimentary Tibetan Tethys zone, which serves as a barrier against the semiarid climate of the region.

Upper Dolpo Trek is one of Nepal's most difficult treks, lasting over 20 days in the country's most rural region. Throughout the journey, you will have to cross three 5,000-meter-high passes. Likewise, several nights would be spent inside the camp above 3,500 meters. If you want to trek to Upper Dolpo, you should be able to walk for 7 to 8 hours per day, be physically fit, and have some trekking experience. The Upper Dolpo trek route was opened to foreign trekkers in 1989 as part of Nepal's restricted area trek. The government was in charge of this to minimize the area's environmental and cultural impacts.

Itinerary

Day 1: Flight from Pokhara/ Kathmandu to Nepalgunj.

We take an early flight to Nepalgunj from Pokhara which takes about 40-55 minutes.

Nepalgunj is a town in western Nepal, close to the border with India. It's hot and humid in Nepalgunj. Then after, we will transport you from the hotel to the airport. Our trek guide will accompany you on the flight. Our office representative will transfer you to the hotel in Nepalgunj.

Destination: Nepalgunj

Altitude Gain: 150

Duration: 1

Accommodation: Lodge

Day 2: Flight from Nepalgunj to Juphal and walk to Dunai.

On the second day, we will drive to Nepalgunj airport for your flight from Nepalgunj to Juphal. The flight time to Juphal will be approximately 35 minutes. We will begin our trek after landing in Juphal. The trail is not difficult because this is the starting point of the trek. To reach Kalagauda, you will walk comfortably and descend for 45 minutes. You will then walk for another 2 hours along the Thuli Bheri River to reach Dunai. When you arrive in Dunai, your room will be assigned based on your reservation. Dunai is the administrative center of the Dolpa district.

Destination: Dunai

Altitude Gain: 2475

Duration: 3

Accommodation: Lodge

Day 3: Trek from Dunai to Chhepka.

The trek begins on the traditional Dolpo route. The walk is pleasant. We will present the trekking permits to Dolpo and Shey Phoksundo National Parks at the Suligad checkpoint. We're now officially inside Shey Phoksundo National Park. The trail will then take us along the Phoksundo River. Furthermore, as we walk through the lush tropical forest, we will notice a significant change in the landscape. We'll pass through Kageni, Jutung and Shangta. We will cross a bridge over river-stream and meet the Phoksundo and Maiba Khola. To get to Chhepka, we'll head north.

Destination: Chhepka

Altitude Gain: 2687

Duration: 6

Accommodation: Teahouse

Day 4: Trek from Chhepka to Chunuwar/ Amchi Hospital.

Today we will walk along the well-known Lower Dolpo Circuit trek. We'll walk in the opposite direction of the river. We will cross the Phoksundo River bridge twice. This trail is incredibly peaceful. We will arrive in Rechi, our lunch stops at an altitude of 3010m. After that, we'll walk along the river again. We will cross a bridge at Suligad Dovan to reach the confluence of the Phoksundo River and the Yulung Khola.

Destination: Chunuwar

Altitude Gain: 3000

Duration: 6

Accommodation: Teahouse

Day 5: Trek to Shey-Phoksundo Lake.

Today, we'll travel to Shey-Phoksundo, Nepal's deepest lake. To get to Palam, we'll have to climb through a cedar forest. Palam is a winter settlement of Ringmo's residents. We'll start by descending to around 3300 meters. Then we'll climb 3,875 meters to a ridge with breathtaking views of a 300-meter waterfall, the highest in Nepal, and our first glimpse of Phoksundo Lake. We'll then descend through birch forests to the upper reaches of the Phoksundo Khola and on to Ringmo, with its mud-plastered chortens. It's a short walk from the settlement to the shores of Phoksundo Lake.

Destination: Shey-Phoksundo Lake

Altitude Gain: 3612

Duration: 6

Accommodation: Lodge

Day 6: Acclimatization and resting at Shey-Phoksundo Lake.

This is the day to admire the beauty and acclimatize yourself nearby Phoksundo Lake and explore the villages of Ringo and Tibetan monasteries.

Destination: Shey-Phoksundo Lake

Altitude Gain: 3612

Duration: 3

Accommodation: Lodge

Day 7: Trek from Shey-Phoksundo to Sallaghari.

We will have one of the best trekking days of the Dolpo trek today. We will ascend the narrow trails that run along the cliffs above Phoksundo Lake. This region will consist of the most breathtaking scenarios like we see in fictional movies/books. We will then descend for about an hour and a half through the beautiful forest. Then we'll head to the Phoksundo Khola camp on the other side of the lake. Then we will ascend the final section of today's trek to Sallaghari.

Destination: Sallaghari

Altitude Gain: 3630

Duration: 6

Accommodation: Teahouse

Day 8: Trek from Sallaghari to Nangda-La High Camp.

On this day, we'll take a three-hour hike up to Nangda-La High Camp. We will begin our journey by ascending the narrow Tuk Kyaksa river trail. We'll switch sides of the river several times. Then after, we will arrive at a wide valley after about 30 minutes of walking from the bridge. We'll walk for another few hours along the canyon from there.

Destination: Nangda-La High Camp

Altitude Gain: 4717

Duration: 6

Accommodation: Teahouse

Day 9: Trek from Nangdala H.C. to Shey-Gompa via Nangda-La pass.

Today, we'll hike to Shey Gompa and Crystal Mountain, the most sacred peak in the Dolpo region. We'll be entering the truly fascinating Dolpo region today. We must first cross the Kang LA or Nangda LA passes to get there. To cross this pass, we must hike uphill for about 3 hours on a gravel trail. From the top, you can see Crystal Mountain, Tibetan Territory Mountain, and the mesmerizing landscape of the Dolpo region. During the walk, you can also see Shey Shikhar and Kang Chunne. According to the Tibetan calendar, a grand festival is held every dragon year (once every 12 years).

Destination: Shey-Gompa

Altitude Gain: 5350

Duration: 6

Accommodation: Teahouse

Day 10: Trek from Shey Gompa to Namgung Gompa via Shey La Pass.

We'll spend the day exploring the area around Shey Gompa. This monastery is thought to be 800 years old, and it contains an ancient scroll that describes the myths surrounding Crystal Mountain. Shey Gompa is also known as Shelri Sumdho Gompa in the local dialect. Following the exploration, we will begin our journey. We'll spend about two hours following the trails along Sephu Khola. The typical Dolpo landscape will take your breath away. We'll be at the top of Shey-LA in about two hours. During the trek, spectacular views of Mustang, Tibet, Kanjirowa, Kagmara, and Crystal Mountain can be enjoyed. We'll descend for another two hours to get to Namgung.

Destination: Namgung Gompa

Altitude Gain: 5100

Duration: 7

Accommodation: Teahouse

Day 11: Trek from Namgung Gompa to Saldang.

We set out on our journey early in the morning. First, we will visit the Namgung monastery. This lovely monastery is perched on a high cliff. Following that, we will begin our journey. We'll hike the trails along Namga Khola. To get to Saldang village, we'll pass through more summer herding areas. Saldang is a lovely village with a lot of dry lands surrounded by stunning hills. We will walk around the village and interact with the residents.

Destination: Saldang

Altitude Gain: 3770

Duration: 5

Accommodation: Teahouse

Day 12: Rest Day at Saldang; hike to Yangjer Gumba.

We'll hike to Yangjer after an early breakfast. It is the most prosperous monastery in the region. We will explore the monastery and eat our packed lunch while doing so.

Destination: Saldang

Altitude Gain: 4590

Duration: 5

Accommodation: Teahouse

Day 13: Trek to Komash Village.

The journey today will take approximately six hours. After breakfast, we'll drive to Komash Village. Along the Rapyha Khola, we will follow the Saldang Lek. We will climb to 4500 meters and then descend to Komash village. This village is similar to the majority of Tibetan villages.

Destination: Komash Village

Altitude Gain: 4060

Duration: 6

Accommodation: Teahouse

Day 14: Trek from Komash Village to Shimen.

After breakfast, we'll set out on our journey. We might see some rare species like blue sheep and snow leopards on our hike today. During today's trek, we will pass through several small villages. This section of the trek is made up of highland deserts with shrub-like vegetation. The trails are pleasant and not too difficult.

Destination: Shimen

Altitude Gain: 3850

Duration: 6

Accommodation: Teahouse

Day 15: Trek to Tinje village.

After breakfast, we'll set out on our journey. We'll be following the trails along the Panjyang Khola today. Along the way to Tinje, we'll pass through some lovely villages and monasteries. Tinje is a lovely valley with a natural airstrip where a British plane once landed and took off.

Destination: Tinje Village

Altitude Gain: 4110

Duration: 5

Accommodation: Teahouse

Day 16: Trek from Tinje Village to Yak Kharka.

On this day, we'll walk to Yak Kharka. We'll follow the trails along the Panjyang River, passing through the small settlement of Chhamdang. Following Chhamdang, we will walk

along the riverbank for a while before arriving at the confluence of Chholtam Khola and Panjyang Khola. We'll cross a bridge over Thalum Khola before arriving at an open grazing area for yaks and sheep which is known as Yak Kharka.

Destination: Yak Kharka

Altitude Gain: 4780

Duration: 6

Accommodation: Teahouse

Day 17: Trek to Tokyu.

Today, we'll travel to Tokyu from Yak Kharka. First, we will cross a bridge over Sulun Khola to reach Choila North pass at an elevation of 5040 meters. This section of the journey is challenging. We will climb for nearly 2 hours to reach the top of Choila pass. We'll reach Tokyu after descending from the pass.

Destination: Tokyu

Altitude Gain: 5040

Duration: 6

Accommodation: Teahouse

Day 18: Trek from Tokyu to Dho Tarap (Rest Day).

We'll hike to Dho Tarap today. It's only about a one-and-a-half-hour walk. We will explore the village of Dho Tarap after arriving there. Dho Tarap is a large village settlement that is colourfully decorated with Buddhist prayer flags. We will enjoy a wonderful natural tour as well as cultural programs with traditional Tibetan dance and songs performed by the villagers. You will have the option of exploring some monasteries near Dho Tarap, so choose wisely. Ribo Bumpa Monastery, Drakmar Dewa Monastery, Mekhyim Monastery, and Dhoro Monastery are among the monasteries.

Destination: Dho Tarap

Altitude Gain: 3944

Duration: 2

Accommodation: Teahouse

Day 19: Trek from Dho Tarap to Naworpani.

Today's journey will be lengthy because we must travel a greater distance than usual. We will walk along the flat trail to the confluence of Tarap Khola and Mirubabane Khola. Then

we'll cross a bridge over Klang Khola and arrive at Langa Camp.

We will continue to follow the Tarap Khola trails. We will pass through the lovely villages of Sisaul, Gyamghar, and Toltol.

Destination: Naworpani

Altitude Gain: 3475

Duration: 6

Accommodation: Teahouse

Day 20: Trek from Naworpani to Lashicap.

We will also follow the trails along the Tarap Khola today. After a while, we will notice a change in the view and landscape. As we progress, a green forest will begin to emerge. Then we'll ascend to Lamchaur, high above Tarap Khola. After crossing the Lahini Odar, we will descend to Chhedhul Gompa. After some time following the Tarap Khola, we will arrive at Lashicap.

Destination: Lashicap

Altitude Gain: 2775

Duration: 5

Accommodation: Teahouse

Day 21: Trek from Lashicap to Dunai and Drive to Juphal.

Today, we'll hike through the green lands above the Thuli Bheri River to Tarakot. We will cross a small bridge over a stream after arriving in Tarakot. On this day, we will pass through Lawan and Byasgad. Today's hike will take you through some greenery, a forested region, and cultivated terraced fields.

Destination: Juphal

Altitude Gain: 2475

Duration: 8

Accommodation: Lodge

Day 22: Fly from Juphal to Nepalgunj; Fly Nepalgunj to Pokhara/ Kathmandu.

Today is the final day of our journey. We'll eat breakfast and then head to Juphal airport for our early morning flight to Nepalgunj. Today, we'll fly to Nepalgunj. You will arrive in

Nepalgunj in the afternoon for your flight to Pokhara/ Kathmandu. Now it's time for the departure, hope you had a wonderful journey. Thank you!

Destination: Pokhara/ Kathmandu

Altitude Gain: 822

Duration: 3

Includes

- Three meals a day during the Trekking (Breakfast, Lunch and Dinner).
- Accommodations in Tea House/Lodge during the Trekking.
- Pokhara-Nepalgunj – Jupal- Nepalgunj-Pokhara flight costs (includes tax and government fees).
- Trekking Guide, assistant trekking guide for groups with 12 or more trekkers and a porter (Sharing by two clients) with Insurance, food, and accommodations.
- Special Dolpa Region Permit
- Snacks (cookies) and seasonal fresh fruits every day.
- Rescue operation arrangement in case of complicated health conditions (funded by travel insurance).
- Proper First aid kit.
- A TIMS card (Trekking Information Management System) is like a permit.
- All government, local taxes, and official expenses.
- Company's duffel bag will also be provided. (If needed).
- All essential official fees.

Excludes

- International flight cost.
- Your travel insurance.
- Excess baggage charge (weight limit 9 kg per person).
- On arrival visa fees at Tribhuvan International Airport (30 days- USD 50).
- All accommodations and meals in Kathmandu, before and after the trek.
- Extra night accommodations in Kathmandu due to early arrival, late departure, or early return from the trek.
- Personal expenses (shopping, snacks, boiled water, hot (tea/coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc.
- Tips for the Guide and Porter(expected).

- Travel insurance that covers emergency high-altitude Heli – rescue and evacuation and health care costs (compulsory).
- Additional costs or delays due to circumstances beyond our control like bad weather conditions, itinerary modification for safety, government policy changes.