



UPPER DOLPO TREK

Overview

Dolpo region is the most remote and least developed district in Nepal. Although a few anthropologists and geographers had explored the region, the entire district was closed to trekkers until 1989 when the southern part of Dolpo was opened to organized trekking groups. Peter Matheson's book - The Snow Leopard and Snell grove - Himalayan pilgrimage have contributed to the mystique and attraction of Dolpo.

Dolpo region situated between the Tibetan plateau and the Dhaulagiri Himalayan range is the highest inhabited land of Dolpo. Geographically a southern extension of Tibet, it lies within the borders of the state of Nepal, since 1984 has been the country's largest national park and conservation, the park sustains an abundance of wild life including Musk Deer, Himalayan Blue Sheep and the legendary elusive Snow Leopard, as well as being home to a fascinating race of Tibetan speaking people. The hardy highlanders of Dolpo are traders, exchanging barley for Tibetan rock salt and they take their yaks onto the Tibetan plateau during the summer for grazing.

Nepal's first English subtitled movie on Dolpo -The Caravan- or -The Himalaya- was a huge success and was nominated for the Oscar Award in the best foreign-language film category. Boundaries of the park include within 3,500 square kilometres of land, mostly above 4,000 meters. Before 1989, when the southern regions were opened to trekking groups, very few explorers had visited the area. Two notable visits were the first mountaineering expedition by Dr Herbert Tichy in 1953 based in Saigon and the other visit by John Tyson in the early sixties. Dolpo is one of the most beautiful treks in the remote areas of Nepal, very rarely visited by an outsider.

Journey to the Upper Dolpo Region

First on the plains and then in the district of Dolpo, we go to Nepalgunj.

Most people fly from Kathmandu or Pokhara to Nepalgunj. We ride to Juphal from Nepalgunj. (The most organized tours of the region are flying from Kathmandu. (It is not possible to fly directly from Kathmandu to Juphal, although expensive charter flights are available from Pokhara.) Remember that the Juphal airport is just a small mountain airfield, which often may cause bad weather to disrupt flights. Nepalgunj can be reached by lane, but from Kathmandu or Pokhara it is a long journey. Roads in Western Nepal develop, but Juphal is still on the nearest road for several days.

Highlights of Upper Dolpo Trek

- The Dolpo region's main attraction is the captivating Shey Phoksundo Lake
- Experience Nepal's extremely unusual cultural culture
- Take the opportunity to see Snow Leopard in Shey Phoksundo National Park
- Read about the 800 years old, Shey Gumpa at Crystal Mountain Base
- Starting with the legendary Yarsagumba hunt. Look at the Hunt for Yarsa.
- Nepal 's largest lake, Rara Lake
- It is worth skiing at a peak like the Mt. Putha.
- The Tibetan Culture ethnic society has preserved in its primeval stage.

Trip Grade: Strenuous

From an altitude of 4000m to 5550m is considered a strenuous trek or grade 3. Most of the trekking of Nepal is in grade 3. You need some previous trekking experiences and have decent physical fitness. Walking in higher altitudes is more physically demanding than walking in lower altitudes, however, the pace of the trek will vary in compensation. If you are in excellent health with average physical fitness and have strong determination, you will complete a moderate trek successfully. Exercising, particularly jogging and climbing stairs regularly for some weeks prior to your arrival is recommended to enhance your strength and fitness. Past hiking experience would be an asset, but no technical skill is required. Climbing and descending are very usual experiences for these types of trekking and you may have to cross small glaciers as well. This kind of trekking gives you an experience of a lifetime, has very beautiful walking surrounded by spectacular mountains. Above 4000m, there are many settlements in Nepal with a very different landscape. Yaks typically graze at this altitude.

Outline Itinerary (23 Days)

Day 1 : Arrival at Kathmandu Airport and Transfer to Hotel

Arrive in Kathmandu at any time. Upon your arrival, representative will be picked up from airport then you will be transferred to a hotel for check in. Overnight stay at Himalayan Suite hotel. (B)
Accommodation: Himalayan Suite Hotel Meal: Dinner Activity: Orientation Program

Day 2 : Kathmandu Sight Seeing and Prepare for Trekking

After breakfast, our guide will take you to different attractions of Kathmandu Valley. Today, you will visit, Swayambhunath, Boudhanath, Pashupatinath and Patan Durbar Square. (B) Overnight at Himalayan Suite Hotel. (B)
Accommodation: Himalayan Suite Hotel Meal: Breakfast Activity: Kathmandu Sightseeing Tour

Day 3 : Kathmandu to Nepalgunj By flight/Land. Overnight at hotel

We transport to the southwest region of Nepal to Nepalgunj. It is a long flight of around an hour and we arrive late afternoon or midday there. The weather is very hot in the south of Nepal. We will spend the remainder of the evening exploring the area, including the Bageshwori temple, one of Nepalese 's largest Hindu temples.

Accommodation: Hotel Meal: Breakfast, Lunch and dinner Activity: fly -1 Hour
Altitude: 150m

Day 4 : Nepalgunj to Juphal (Dolpo) by flight and Trek to Dunai

From Nepalgunj it is about 35 minute Flight to Juphal then we begin to trek towards Dunai which is around 3 and a half hours away.

Accommodation: Camping Meal: Breakfast, Lunch and dinner Activity: 35 min flight and 3.5 hours trek Altitude: 2090m

Day 5 : Dunai to aankhe

At Thuli Bheri and Suli Ghad's intersection we walk on the North Road. We wander along the river bank and cross fields of buckwheat and potatoes and enter Hanke Village. We walk over a new suspension bridge to the west after a road past the recently constructed hospital. We visit Parella, Rahatgaon, and Ankhe, eventually. Overnight at camp

Accommodation: Camping Meal: Breakfast, Lunch and dinner Activity: Trek 4-5 Hours Altitude: 2660m

Day 6 : Aankhe to Ringmo

We walk along the west side of the Pungmo Khola across a bridge. We cross the cedar

forests and enter the village of Palam. Instead we hike to the ridges of the Phoksundo Lake and 300 m high waterfall, one of the highest waterfalls in Nepal, from which one can enjoy stunning views. When we rest for a look, we descend to the upper reaches of Phoksundo Khola through birch trees, then the picturesque Ringmo village with its mud-plastered chortens and manic walls.

Accommodation: Camping**Meal: Breakfast, Lunch and dinner****Activity: Trek 5-6**
Hours**Altitude: 3600m**

Day 7 : Ringmo to Manda la

Manda la is a quite and nice place to have the campsite at. Manda la lies just a downward of Mt, Kanjirowa (6883M) so in the morning time we wake up with the clear view of Mt. Kanjirowa.

Accommodation: Camping**Meal: Breakfast, Lunch and dinner****Activity: Trek 5-6**
Hours**Altitude: 4570m**

Day 8 : Acclimatization Day

Accommodation: Camping**Meal: Breakfast, Lunch and dinner****Activity: Rest Day**
Altitude: 4570m

Day 9 : Manda la to Kang la Pass 5240m to Shey Gomba 4280m

We begin by climbing on dusty way up to Kang La Pass (5350 m), which is also known as Nadra La. We get excellent views of the great valley, separated by the gushing water, from the peak of Kang-la Pass. After about 3 hours on foot you descend through the snow-covered steep pass to Shey Gomba, a small town only a few houses and Gomba also called the Dolpo Spiritual Centre. The Gomba is situated at the intersection of two rivers just under the crystal top.

Accommodation: Camping**Meal: Breakfast, Lunch and dinner****Activity: Trek 5-6**
Hours**Altitude: 5240m at Kang la pass and 4280 at Shey Gomba**

Day 10 : Shey Gomba to Saldang Pass 5010m to Namgung 4380m. Overnight at camp

The day starts by taking a wonderful path through a dark and steep gulch in the center of the juniper. The path then continues to cross bare rocks and terrain before you reach the highest point of Saldang-la (5200 m). So we go down north, which is very long and tiresome. But, we will enjoy the sight of mixed yaks and sheep and yak-haired tents. We proceed to Namduna Gaun 4 800 m. We are on foot. As Shey's, the Karma-pa sec is the Namgung Gomba. The red-stone monastery is founded at the north side of a gorge on the backdrop of a cliff.

Accommodation: Camping**Meal: Breakfast, Lunch and dinner****Activity: Trek 5-6**
Hours**Altitude: Saldang Pass 5010m to Namgung 4380m**

Day 11 : Namgung to Yangze Gumba

For much of the trek, we travel across Panzang River to the east and cross the river, and enter Yangze Gumpa which has the old Bon-Po Monastery. We travel to the most explored area through hikers and trekkers.

Accommodation: Camping**Meal: Breakfast, Lunch and dinner****Activity: Trek 6-8**
Hours**Altitude: 3890m**

Day 12 : Yangze Gumba to Musi gaun 4270m.

It's the quick way to trek down the Yangze Gumpa to Musi Gaon and it'll just be a 4 hours camp for lunch and it isn't long. And we're taking break, because tomorrow we've got to cross the "Lang La cross" big peak. And the Musigaon is the Northmost village of the frontier with Tibet and we will travel about 1 hour to see Tibet and Nepal border.

Accommodation: Camping**Meal: Breakfast, Lunch and dinner****Activity: Trek 4-6**
Hours**Altitude: 4270m**

Day 13 : Musigaun to Lang la Pass 5002m.- Sime Gaun 3950m

Shimen Gaun is the large village of Shimen Gaun from Musi Gaun Via Lang La (5,002 m) and Shimen Gaun, 7 hours walk away, and we camp at the local primary school.

Accommodation: Camping**Meal: Breakfast, Lunch and dinner****Activity: Trek 6-7**
Hours**Altitude: 3950m**

Day 14 : Sime Gaun to Tinja 4150m

7/8 hours walk from Simen Gaun to Tinje. Shimengaun to Tinje is the flat surface down, through Pinyan Khola we walk and there is small vegetation along the way.

Accommodation: Camping Meal: Breakfast, Lunch and dinner Activity: Trek 7-8 Hours Altitude: 4150m

Day 15 : Tinja to Kheng 4550m

We have traveled for approx. 3 hours to reach our destination from Tinje ViA Nawal (4,550 m) to Kheng Khola, 7/8 hour walk from Nawal, and it is like a clear, windy desert.

Accommodation: Camping Meal: Breakfast, Lunch and dinner Activity: Trek 7-8 Hours Altitude: 4550m

Day 16 : Kheng to Chharka Pass 5036m to Chharka 4365m

Charka Bhote is a spot where you can find all the simple necessities, the major village and the population of this area is a little more civilized so that night at Charka Bhote is the memorable site for hiking to the Upper Dolpo, and the region's inhabitants are a little more civilized. (Kheng Khola Through Charka pass)

Accommodation: Camping**Meal: Breakfast, Lunch and dinner****Activity: Trek 7-8**
HoursAltitude: Chharka Pass 5036m to Chharka 4365m

Day 17 : Chharka to Yak Kharka 4780m.

Yak Kharka is a large, green area, named Yak Kharka because it is named Yak Kharka, because people who came with their Yak for the business that they used to live.

Accommodation: Camping**Meal: Breakfast, Lunch and dinner****Activity: Trek 7-8**
HoursAltitude: 1780m

Day 18 : Yak Kharka to Sangda Pass 5490m to Sangda Phedi 5110m

Thujeng La Pass is one of Hardest Pass because it's near Mt. Tashiang (6,383 m), Tongu peak (6,197 m), Hongdae peak (6,556 m) and many more mountains near planing the surfaces of this mountain, which make us feel so difficult while we are on Thujeng La Pass.

Accommodation: Camping**Meal: Breakfast, Lunch and dinner****Activity: Trek 7-8**
HoursAltitude: Sangda Pass 5490m to Sangda Phedi 5110m

Day 19 : Sangda Phedi to Sangda 3909m

Sangdak Gaun is the last Tibetan vegetation and the last day of our Dolpo circuit.

Accommodation: Camping**Meal: Breakfast, Lunch and dinner****Activity: Trek 7-8**
Hours**Altitude: 3909m**

Day 20 : Sangda to Jomsom 2670m.

We climb the hill behind Sangda and spent most of the day making a high traverse, crossing nine ridges to a final crest at 4280m. We climb to a ridge at 3360m and make a final descent on a challenging trail of loose rocks to Jomsom at 2670m.

Accommodation: Lodge**Meal: Breakfast, Lunch and dinner****Activity: Trek 7-8**
Hours**Altitude: 2670m**

Day 21 : Jomsom to Pokhara By Flight

We take an early flight from Jomsom to Pokhara and fly right along the Kali Gandaki Gorge between the Annapurna and Dhaulagiri ranges. If weather permits, we will take flight back to Kathmandu or drive back to Kathmandu same day if it is not cancelled.

Accommodation: Hotel**Meal: Breakfast, Lunch and dinner****Activity: 40min Flight**

Day 22 : Pokhara to Kathmandu by tourist bus

This is an extra day in the case the flight is cancelled the day prior. On this day, we will drive back to Kathmandu by private vehicle and for those who would rather take the flight, can take plane to Kathmandu instead of 7-8 hours long bus ride.

Accommodation: Hotel Meal: Breakfast, Lunch and dinner Activity: 40min Flight// 6-8 hours drive

Day 23 : Transfer to airport. Departure Farewell

Today is your final day in Nepal. Our representative will come to pick you up for your transfer to the Airport.

Meal: Breakfast

Include / Exclude

- Airport pick up and drop
- Accommodation in Kathmandu(Himalayan Suite Hotel) or similar category and Pokhara (Hotel Lake Star or similar category on twin sharing with breakfast
- Fooding, lodging and other expenses of trekking crew
- Fooding (3 meals a day) and lodging for the clients in trek days
- Necessary paper works for permit and national park fees
- Guided sightseeing tour in Kathmandu
- All necessary equipments during the trek
- Thirty minute massage in Himalayan Suite Spa
- Lunch and dinner in Kathmandu and Pokhara
- Personal equipments and clothing
- Airfare Kathmandu - Nepalgunj \$158 , Nepaljung -Dunai \$120 and Jomsom - Pokhara \$120
- Cold drinks and beverages
- Special Permit fee \$500 for first 10 days and \$50 for additional day
- City sightseeing monuments entry fee (NPR 250+400+1000)
- Personal expenses and tips to the crew



Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, "Ecstasy is within you, safety the first."

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