

## Upper Dolpo to Jomsom Trek

Duration: 30 Days



### Overview

<b>Trip Grade: Strenuous</b>	<b>Max Altitude: 5,360m.</b>
<b>Activity: Trekking</b>	<b>Group Size: 02-12 People</b>
<b>Arrival On: Kathmandu, Nepal</b>	<b>Departure From: Kathmandu, Nepal</b>
<b>Meals: All meals during trek &amp; breakfast in kathmandu</b>	<b>Accommodation: Stone Built Houses (tea houses) during trek</b>

“The real voyage of discovery consists not in seeking new landscapes, but in having new eyes.” Are you looking for a trek that is going to make sure that you get what you paid for? Then join in on our **Upper Dolpo to Jomsom trek** package right now to experience a surreal adventure in the northwest Himalayan regions of Nepal where extreme off the beaten trek trails coexists presumably with exotic ethnic communities populating the area since several millennia. Our about 30 days Upper Dolpo to Jomsom trek speaks closely to any person who has a passion for trekking in less traversed trails where only a few ever dare to go and challenge themselves. Starting our trek with a private charter flight to Juphal, we head towards Juphal the same day. Next, we march towards the beautiful serene deep-blue lake of Phoksundo which is also the deepest lake of Nepal. Later we are to spend one day here for acclimatization purposes as every trekker needs to be properly acclimatized before continuing on with our trek. Afterward, we trek towards Shey Gumpa by crossing Kang La pass (5,380m) and then again cross another pass called Saldang La pass (5,060m) before reaching Namgung village. Now we traverse past several other stunning community settlements of Karang, Mischagaon, Tinje, Rapka and Chharka village. Later in the final phase of our trek, we cross higher and lower Sangda La passes before reaching Sangda village. Here onward, we descend down to Jomsom town via Dhagarjun village and take a flight back to Pokhara later the next day. After reaching Pokhara, you can rest and relax inside your hotel rooms by taking soothing shower baths before going out for some last-minute stroll around the iconic Phewa Lake. The next day, we shall drive back to Kathmandu and officially conclude our trek. Trekkers are recommended to prepare themselves both mentally and physically to be able to cope with harsh trekking trails of our trek. We also recommend talking with your personal physician if you have any chronic or heart related medical conditions before visiting Nepal for this trip. Contact, [Himalayan Holyland Treks & Expedition](#) today and be a part of our thrilling adventure trek package for a memorable vacation in Nepal with us.

## Itinerary

### Day 01: Arrive in Kathmandu(1350m).

Arrive at Tribhuvan International Airport (TIA) Kathmandu(1350m).

You are welcomed by our team staff members and then transferred to the booked hotel. After a refreshment break, our representative will briefly explain the program. Overnight at hotel at B/B basis program.

### Day 02: Fly to Pokhara city and explore lake side.

### Day 03: Private charter flight to Juphal, trek to Dunai (2,000m).

### Day 04: Buffer day in case of any delays flying to Juphal.

### Day 05: Trek to Chhepka (2,840m).

### Day 06: Trek to Amchi Hospital (3,110m).

### Day 07: Trek to Ringmo and Phoksumdo Lake (3,700m).

### Day 08: Rest and acclimatization day at Phoksumdo Lake.

### Day 09: Trek to Phoksumdo Lake North Camp (3,630m).

### Day 10: Trek to Lar Tsa Camp (4,200m).

### Day 11: Trek to Snowfields Camp (4,650m).

### Day 12: Rest & acclimatization day at Snowfields Camp.

### Day 13: Cross Kang La (5,380m), trek to Shey Gompa (4,400m).

### Day 14: Exploration day at Shey Gompa (4,400m).

**Day 15: Cross Saldang La (5,060m), trek to Namgung (4,430m).**

**Day 16: Trek to Karang (4,050m).**

**Day 17: Trek to Mischagaon village (4,200m).**

**Day 18: Trek to Chanpola Goth near Shimen village (4,250m).**

**Day 19: Trek to Tinje village (4,180m).**

**Day 20: Trek to Rapka (4,550m).**

**Day 21: Cross Chharka La (5,015m), trek to Chharka village (4,300m).**

**Day 22: Exploration day at Chharka village.**

**Day 23: Trek to Norbulung (4,750m) or Molum Sumna (4,860m).**

**Day 24: Cross higher Sangda La (5,515m), trek to Sangda Phedi (5,100m).**

**Day 25: Cross lower Sangda La (5,035m), trek to Sangda village (3,800m).**

**Day 26: Trek to Dhagarjun village (3,280m).**

**Day 27: Trek to Jomsom.**

**Day 28: Fly to Pokhara & Kathmandu.**

**Day 29: Spare day in Kathmandu.**

**Day 30: Fly back your home.**

## Cost Includes

- => Airport pickup and drop in a private vehicle.
- => Hotel accommodation in Kathmandu and Pokhara in B/B basis.
- => Tea house accommodation during the trek.
- => Hot soup with dinner at the high places.
- => Three times meal in the trek.
- => Farewell dinner in Kathmandu.
- => All the transportation as per the itinerary.
- => A professional guide for trek and sightseeing.
- => Porter service(2 trekkers : 1 porter).
- => Insurance for guide and porters.
- => Food and accommodation for guide and porters.
- => All necessary documents(Permits and TIMS including special permits )
- => All the flight fair inside the country.
- => Airport taxes.
- => All government and local taxes.
- => Medical kit.
- => Trekking map as itinerary.
- => T-shirt from the company.
- => Trip completion certificate.

## Cost Excludes

- => Visa for Nepal.
- => International flight to and from Kathmandu.
- => Lunch and dinner in Kathmandu and Pokhara.
- => Travel and rescue insurance for clients.
- => Personal expenses: Hot shower, battery, bar bills, laundry and mineral water.
- => Extra night accommodation in Kathmandu and Pokhara in exception of the itinerary.
- => Entrance fees in Monastery, museum, and Temples.
- => Tips for guide and porters.