

Upper Dolpo Trek

Duration: 25 Days



Overview

Trip Grade: Strenuous	Max Altitude: 5,151m
Activity: Trekking	Group Size: Min 02 Pax
Arrival On: Kathmandu, Nepal	Departure From: Kathmandu, Nepal
Meals: All meals during trek & breakfast in kathmandu	Accommodation: Stone Built Houses (tea houses) during trek

Unmatched for its surreal beauty and stunning landscapes, **Upper Dolpo** is one of the most extreme trekking regions of Nepal which has successfully cultivated its natural and cultural charms to create a magnificent atmosphere to travel in. The ancient wonders and treasures which lie hidden inside this spectacular region seem to have remained unscathed. Due to which, it has become one of the most well-preserved trekking regions with pristine intact trails and routes full of vivid eye-catching sceneries. Beginning with a lovely yet educating sightseeing tour around the Kathmandu valley, we fly off to the south-western plains of Terai and arrive at Nepalgunj. From here, we are again going to take another flight but this time we shall head high up to the northern territories where we are scheduled to spend our upcoming trek days. Hence, we firmly arrive at Juphal from Nepalgunj and here onward, we start walking on a journey towards Dunai village which can take us about 3 hours to reach. As we have arrived at high altitude, we will not indulge ourselves with much higher ascents today so we are planned to remain overnight at Dunai for the day is. Next, we hike further up to the deepest lake of Nepal called the Phoksundo Lake. This particular lake is one of the sole highlights of our entire trek as it provides a beautiful scenery for travelers to witness and observe. After properly enjoying the scenic tranquil calm waters of Phoksundo Lake, we now continue walking and follow a pristine natural trail which leads our way from Phoksundo Lake to Phoksundo Khola. The entire trail consists of birched forest line up till Shey Gumpa. Nevertheless, before reaching Shey Gumpa trekkers will need to cross a Himalayan pass called Kang La Pass which has an estimated high elevation of 5,151 meters above sea level. Similarly, our planned trek route will require us to cross two other passes called Saldang La Pass (4,785m) & Jeng La Pass (4,845m). After that, we move to DhoTarap which is a beautiful valley where the two Dho and Tarap villages are positioned. Situated at 4,090 meters above sea level, DhoTarap is considered to be the highest human settlements in Nepal where travelers can experience pre medieval customs and jewelry. As we have reached the final phase of our trek, we traverse through Serkam, Khani Gaon, Tarakot and Dunai villages one after another to ultimately reach Jhupal for a flight back to Kathmandu via Nepalgunj. Over the top naturally preserved trails along

with never before encountered cultural highlights await trekkers who wish to visit this off the beaten trekking region of the far-western region of Nepal. You just need to have a moderate amount of physical fitness with proper health conditions in order to complete and enjoy this trek. Contact, [Himalayan Holyland Treks & Expedition](http://www.himalayanholylandtreks.com) to join this amazing off the beaten trek and travel in an entire new Himalayan terrain.



Itinerary

Day 01 :Â Arrival in Kathmandu airport (1350m).

Day 02 :Â Pre-trip Meeting and Sightseeing around Kathmandu valley.

Day 03 :Â Fly to Nepalgunj from Kathmandu- 1 hr.

Day 04 :Â Fly to Juphal (2,400m) and Trek to Dunai (2,150m) – 3 hrs.

Day 05 :Â Trek to Ankhe (2,660m) – 6 hrs.

Day 06 :Â Trek to Renje (3,104m) – 7 hrs.

Day 07 :Â Trek to Phoksundo Lake (3,600m) – 6.5 hrs.

Day 08 :Â Trek to Phoksundo Khola (3,507m) – 6 hrs.

Day 09 :Â Trek to Phoksundo Bhanjyang (4,402m) – 7 hrs.

Day 10 : Cross the Kang La pass (5,151m) and trek to Shey Gompa (4,126m) – 7 hrs.

Day 11 :Â Rest and exploration day at Shey Gompa.

Day 12 :Â Cross the Saldang La pass (4,785m), and trek to Namduna Gaun (4,400m) – 7 hrs.

Day 13 :Â Trek to Saldang (3,903m) – 4 hrs.

Day 14 :Â Trek to Sibu (3,942m) – 6 hrs.

Day 15 :Â Trek to Jeng La (4,369m) – 5 hrs.

Day 16 :Â Cross the Jeng La pass (4,845m), trek to Tokyu Gaon (4,240m) – 7 hrs.

Day 17 :Â Trek to Dho Tarap (4,090m) – 4.5 hrs.

Day 18 :Â Trek to Serkam (3,630m) – 6.5 hrs.

Day 19 :Â Trek to Khani Gaun (2,550m) – 7 hrs.

Day 20 :Â Trek to Tarakot (2,281m) – 4 hrs.

Day 21 :Â Trek to Dunai (2,052m) – 5 hrs.

Day 22 :Â Trek to Juphal (2,404m) – 3 hrs.

Day 23 :Â Fly to Kathmandu via Nepalgunj.

Day 24 :Â Leisure day and farewell dinner in Kathmandu.

Day 25 :Â Final departure Day.



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 in 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 of Dolpo region).
- => All the flight fair inside 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 of clients.
- => Personal expenses: Hot shower, battery charge, bar bills, laundry and mineral water.
- => Extra night accommodation in Kathmandu and Pokhara in exception of itinerary.
- => Entrance fees in Monastery, museum and Temples.
- => Tips for guide, driver and porters.