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Upper Dolpo Trek is located behind the Dhaulagiri Mountains. It is an adventure trek in a remote landscape that resembles the mysterious and spiritual trip in the hidden valleys of Western Nepal. The region is famous for the rare animals such as the snow leopard and the blue sheep. The walk in the Dolpo region precedes several technical passages and the steep path through the forest with the landscapes of the waterfalls.

Upper Dolpo Trek Highlights

- ❖ Home of rarer animals such as the snow leopard and the blue sheep
- ❖ Discover the three regions of Nepal; plains, hills, and Himalaya
- ❖ Virgin mountains, flora and fauna, unique culture
- ❖ Discover the various cultures of Nepal
- ❖ Shey Gumpa Buddhist monasteries
- ❖ Fantastic Himalayan mountain ranges of Nepal
- ❖ The altitude of Kang La pass of 5350 m
- ❖ Upper Dolpo Community
- ❖ Shey Phoksundo Lake

Introduction

Upper Dolpo Trek is beautiful trek in Nepal, a region between the Dhaulagiri Range in Nepal and the Tibetan Plateau in Tibet. The part is one of the most remote and isolated areas of Nepal. The trail to Dolpo is technical, as travelers have to cross high passes and steep paths through the forests along beautiful waterfalls in Nepal. Dolpo region is also rich in flora and fauna. Almost 32 species of mammals and 197 species of birds live in this region. During the trip to Dolpo, you can find some beautiful Himalayan wildlife, which also includes some of the

rarest animals on earth, such as the Himalayan blue sheep, the musk deer, and the most unique of all, the snow leopard.

This fantastic trekking destination in Nepal has also been the focus of attention through some films. In the Dolpo region, Two films were shot In 1999, titled Himalaya was nominated for an Oscar award, and another film The Caravan was also nominated for an Oscar for best category of foreign films. These two films will give you a picture of what this place is and a glimpse of the fantastic beauty and the isolated but unique colonization and culture of the inhabitants of the Dolpo region. Your trek to the Upper Dolpo begins from Jhupal, and during your trek in the Dolpo region, you will cross several beautiful landscapes and a high mountain pass. The trip also takes you across the beautiful lake of Shey Phoksundo Lake. The Shey Phuksundo trek is also part of your journey as a deep blue lake in the desert, although the scenery makes your trip heavenly. Shey Phoksundo camping and trekking are very popular, but lately, Shey Phoksundo mountain biking is gaining popularity and is a form of adventure activity in this region. Dolpo region is not only about its natural splendor, but the unique cultural and social aspect of this region is also fascinating. The Himalayan community is deeply rooted in the Buddhist religion of Bon Po. Dolpo region trekking allows travelers to discover the prohibited kingdom of Nepal, which is still primal in many ways. However, Dolpo is a restricted area in Nepal, and travelers need a special permit to trek in the Dolpo region.

Detail itinerary of the upper Dolpo

Day 01: Arrival in Kathmandu International Airport

Depending on your arrival time, a representative of our company will pick you up at the airport. Then, they will take you to your pre reserved hotel. After a short break, you will meet the manager of our company in your hotel and receive a brief introduction to your trip. Do not hesitate to ask all your questions about the trip. After that, you can walk down Thamel Street and even do last-minute shopping.

Meals included: Breakfast

Day 02: Guided tour of Kathmandu valley and preparation for the trek

Today, after having breakfast, you start a journey of some of the most Spiritual and historical site inside Kathmandu. These attractions are considered UNESCO World Heritage Sites, including historical Kathmandu Durbar Square, the holy Hindu temple Pashupatinath, the famous Swayambhunath (monkey temple) and the Buddhist shrine (Bouddhanath) considered one of the largest stupas in Asia.

Meals included: Breakfast

Day 03: Flight Kathmandu to Nepalgunj: Duration 1 hour

After our short trip to Kathmandu, we flew from Kathmandu to Nepalgunj in the western part of Nepal for an hour. Nepalgunj, a city near the border between Nepal and India, is also the gateway to Simikot, Humla. The town itself is a pretty town in Terai that highlights the cultural diversity of Nepal. In Nepalgunj, you visit the local market, the mini zoo, and the neighboring villages. Spend the night in Nepalgunj.

Meals included: Breakfast

Day 04: Flight from Nepalgunj to Jhuphal and hike to Dunai.

After breakfast, you fly from Nepalgunj to Jhupal Airport. It is at the foot of the Himalayas, and you can see beautiful views of Mount Annapurna and Dhaulagiri. The flight takes about 45 minutes, and after landing, you walk approximately 2-3 hours and reach to Dunai. Dunai is the headquarter of the Dolpo area. In the afternoon, you explore the small town and camp there at night.

Meals included: Breakfast, lunch, and dinner

Day 05: Trek from Dunai to Ankhe: Walking Distance 5-6 hours

You leave Dunai, cross a suspension bridge, and turn west following a path in front of a hospital. The road climbs along the treeless valley of the Thulo Bheri valley and flows into the valley of the Phoksundo River. During your trek, you have a view of the Kagmara peak in the valley. You cross the walnut grove, the

villages of Dhera and Rahagaun, cross dense jungles, and finally arrive in Ankhe. Spend the night in Ankhe.

Meals included: Breakfast, lunch, and dinner

Day 06: Trekking from Ankhe to Sulighat: walking distance 5-6 hours.

You will walk up and down when you go up a wooded bank and go up a steep route. The up-down can be a bit boring, but there are several streams along the way that offer a chance to cool off. Its path gradually leaves the forest and crosses the grassy hill above the river. Then it descends through the green forests and continues towards Sulighat, where it spends the night.

Meals included: Breakfast, lunch, and dinner

Day 07: Trekking from Sulighat to Phoksundo Lake: Walking Distance 4-5 hours

Today, you will continue your trip along the valley flooring to the joining together of the Phoksundo and Pungmo rivers. After crossing a bridge, you walked along the west bank of Pungmo Khola. The path leads through a cedar forest before it reaches the city of Palam. From there, you go to a ridge and enjoy a comprehensive view of Lake Phoksundo. On the way, you can see a fantastic waterfall with a height of 167 meters, also known as one of the highest waterfalls in Nepal. Finally, we reach Phoksundo Lake, where we spend the night.

Meals included: Breakfast, lunch, and dinner

Day 08: Acclimatization day at Phoksundo lake

Today is a well-deserved day of rest to acclimatize to Phoksundo Lake. During the day, you can take a short walk to the village of Ringmo and the Tibetan Buddhist monastery. During your short walks, you also have the opportunity to get acquainted with the local culture. The Dolpo wear homemade clothes, which are sometimes reddish, and prefer the Somba or Dhochha in the Tibetan style for shoes. Men and women often wear amulets and religious cords in coral, amber, and turquoise. You will spend the night at Phoksundo Lake.

Meals included: Breakfast, lunch, and dinner

Day 09: Trek to Phoksundo Khola: Walking distance 4-5 hours.

Your route takes you around the upper west end of Phoksundo Lake today. On this day, you begin to enter the real desert of the Dolpo region. The path leads you through a lush meadow that opens up to the Phoksundo floodplain. You continue straight through the valley and then camp overnight when you reach the riverbank.

Meals included: Breakfast, lunch, and dinner

Day 10: Trek from Phoksunds Khola to Phoksundo Bhanjyang: Walking 6-7 hours

For about an hour, you walked along a path that leads you on a flat route through a glacial valley that leads precisely north. At the confluence of Phoksundo Khola and another stream, there is wooden bridge. From there, you go northeast. A long climb leads you to a meadow of sheep, where your path leads to a steep gorge. A problematic climb leads you to another valley where you can see the Kang-La pass. You set up a camp near the intersection at a place that Peter Matthiessen called Camp Snowfields. During your hike today, you can also admire the view of Chhamlang Peak 6 and Peak 7.

Meals included: Breakfast, lunch, and dinner

Day 11: Trek Phoksundo Bhanjyang to Shey Gompa via Kang-La pass.

Today's walking could be exhausting if you cross the Kang La pass. There is snow on the north side of the pass, which always makes the descent a little tricky. The slope of the pass has been quite steep for some time. After that, you gradually walked a few hours until you reached Shey Gompa Monastery. Shey Gompa is a small village with few houses and a monastery dates back to the 11th century and sits below the glass top on a grassy plain. It is also known as the spiritual heart of Dolpa. After crossing a picturesque wooden bridge, you arrive at Shey Gompa Park, where you will spend the night.

Meals included: Breakfast, lunch, and dinner

Day 12: Acclimatization day in the Shey Gompa

The Shey Gompa Monastery was built in 1655, and It is known for its vast copper with the golden gold statue of a seated Shakyamuni Buddha. To the east of the gompa is the Crystal Mountain, one of the strangest mountains, because its deformed cliffs are covered in quartz and embedded with a variety of marine fossils. Today is another well-deserved acclimatization rest day. You spend the day walking in the village of Shey, famous for its ancient pre-Buddhist culture, Bon Po. In Dolpo, the old Tibetan way of life combines animism with the teaching of the Buddha.

Meals included: Breakfast, lunch, and dinner

Day 13: Trek from Shey Gompa to Namduna Gaun via Saldang La: 6-7 hours

You start the day with a pleasant journey through the junipers that descend into a grey and stony canyon. Then, the route begins to zigzag over bare rocks and eroded earth until it finally leads you to the top of Saldang-La pass. The subsequent northward descent is long and strenuous, but yaks and sheep grazing, and nomadic tents made from yak hair are a relaxing sight. In Namduna Gaun, you visit the Namgung monastery. The red stone monster was built at the bottom of a cliff on the north wall of a gorge. Night stay at Namuda Gaun.

Meals included: Breakfast, lunch, and dinner

Day 14: Trek Namduna Gaun to Saldang: Walking distance 4-5 hours

You left the village, climbed a hill, and took a long walk along the dusty and dry mountains. After 3-4 hours of steep ascent, you see the community of Saldang below you on a plateau above the Namga Khola stream. It has a striking look. Saldang is the largest city in the interior of the Dolpo region. The community stretches for almost two kilometers on an open slope and consists of five villages with about eighty well-built houses with nearly six hundred inhabitants. Saldang is a prosperous city, not only because of its agriculture, but also because of its strategic location on a trade route to Tibet. You will spend the night in Saldang.

Meals included: Breakfast, lunch, dinner

Day 15: Trekking from Saldang to Yangze Gompa: walking distance 4-5 hours

From Saldang, you walk north along the Nagaon Khola in wild and dry terrain. You start your trek on a relatively gradual path with few ups and downs. On the way, you cross the villages of Marang and Ki. Then you passed a tributary of the Panzang and went east and crossed the river again before you reached the Yangze Gompa, where a former Bon Po Monastery is located. Night Stay in Yangze Gompa.

Meals included: Breakfast, lunch, and dinner

Day 16: Trek from Yangze Gompa to Sibü: Walking distance 6-7 hours

Today you return to the village of Saldang, from where you walk along a river and cross the terraced fields. You will also pass the village of Namdo, which is a prosperous village in the region. The city is quite significant because it stretches for about 5 kilometers. Your walking continues a few hours down the river to camp near a small colony of Sibü.

Meals included: Breakfast, lunch, and dinner

Day 17: Trek from Sibü to Jeng-la Phedi: Walking distance 5-6 hours

You walk along Nam Khong Khola for a while and cross caravans with yaks to the border Tibet. After turning to the east and walking for a while, you arrive at the confluence of two small streams. The steep path then climbs to a pasture below the Jeng La pass. You will set up camp on this beautiful meadow. Stay overnight at Jeng the Phedi.

Meals included: Breakfast, lunch, and dinner

Day 18: Trek Jeng-la Phedi to Tokyu Gaon via the Jeng La Pass: Walking 5-6 hours

You get up early in the morning and start walking. It will take you two hours to reach the top of the Jeng La Pass, from where you have a breathtaking view of the north face of the Dhaulagiri massif. From there, you descend a steep path into the Tarap Valley, a fascinating valley with extensive plains of high mountains that

extend over twenty kilometers along the Tarap Chu River. You camp near the Tokyu monastery.

Meals included: Breakfast, lunch, and dinner

Day 19: Trek from Tokyu to Dho Tarap: Walking Distance 4-5 hours

Today, you walk in a flat valley with lush grassy areas on both sides of the river, which is entirely different from other parts of the Dolpo interior. There is also a swamp that is common in the Desert Mountains of Tibet and the Himalayas of Ladakh. Bon Po and the Buddhist religion are practiced in the valley. After a short walk, you arrived in Dho Tarap.

Meals included: Breakfast, lunch, and dinner

Day 20: Another acclimatization Day in Dho Tarap

Today, you rest and go for a walk in the town of Dho Tarap, which is surrounded by an irregular stone wall. Your walks help you to get to know the local culture of the region. In Dho, about forty houses are divided into three groups and are built in a relaxed manner and inhabited by some Tibetans and mainly Magars, who are a hill tribe in Nepal. While you are here, you can visit a Buddhist gompa near your camp, or you can visit a Bon Po Gompa.

Meals included: Breakfast, lunch, and dinner

Day 21: Trek from Dho Tarap to Tarap Khola: walking distance 6-7 hours

From Tarap, you descend into a wide valley that finally narrows in the gorge. You walk junipers and wild roses just above the tree line. During your walk, you can see flocks of blue sheep and, in the afternoon, you arrive at the confluence of Tarap Chu and Lang Khola, a stream that flows into the Tarap River further east. You will camp in a beautiful meadow, also known as Kamakharka, and spend the night.

Meals included: Breakfast, lunch, and dinner

Day 22: Trek from Tarap Khola to Khanigaon: Walking distance 4-5 hours

Today, you descend the gorges of the Tarap River. You pass local shepherds who bring their flocks to the plains for the winter. Your walk today is as exciting as the valley narrows. This path offers incredible sensations of adventure. After arriving in Khanigaon, you will build your camp here.

Meals included: Breakfast, lunch, and dinner

Day 23: Trek from Khanigaon to Tarakot: Walking distance 4-5 hours

From the camp, you follow a route that leads you to the village of Lalberi. Your road then leads through a lush forest, descends to another gorge, and continues to follow the river. After your arrival in Tarakot you can visit Sandul Gompa, which is located about 8 km east of the village at the junction of Tarap Chu and Barbung Khola. The monastery is located on a hill south of the Bheri River. Today you are camping on the Tarap Chu River below Tarakot, near the police station. Overnight in Tarakot

Meals included: Breakfast, lunch, and dinner

Day 24: Trek from Tarakot to Dunai: Walking Distance 5-6 hours

You start your trek on a path behind the Bheri River before crossing a bridge near the village of Lawan. Your walk continues along the great Bheri River to Byas Gadi. From there, the path heads west on a relatively smooth road. You cross the river again near the Gaon of Lochakhola and climb Dunai for one night. Today's hike takes place mainly in a magnificent canyon with pine trees—night stay in Dunai.

Meals included: Breakfast, lunch, and dinner

Day 25: Trek from Dunai to Jhuphal: Walking Distance 2-3 hours

From Dunai, you walk along the Bheri River and enjoy the magnificent scenery. On the way, you pass the Dhupichaur and Runggad villages, as well as a temple. You continue walking through the village of Kalagaonda and Motipur before reaching the small airstrip. Spend the night in Jhuphal.

Meals included: Breakfast, lunch, and dinner

Day 26: Flight from Jhuphal to Nepalgunj then to Kathmandu

You fly to Nepalgunj early in the morning. The beautiful flight also gives you a fantastic aerial view of the Himalayas. Upon arrival in Nepalgunj, you took the next available flight to Kathmandu. After you arrive in Kathmandu, we return to our hotel and rest for the day.

Meals included: Breakfast.

Day 27: rest day in Kathmandu

It's an extra day to explore Kathmandu city on your own. You can spend the day preparing for the next day's flight, buying souvenirs, or if there is a place in Kathmandu that you want to visit, we are happy to arrange that.

Meals included: Breakfast.

Day 28: Final departure

Your Nepal trip is over, and we will pick you up from your hotel and take you to the airport approximately 3 hours before your scheduled flight.

Meals included: Breakfast.

INCLUDED RATES:

- ❖ Pickup and delivery at the Kathmandu airport in a private vehicle
- ❖ A three-star deluxe hotel in Kathmandu including breakfast
- ❖ Camping during the walk
- ❖ Three meals (breakfast, lunch, and dinner) during the trip
- ❖ All land transportation as per the trip itinerary.
- ❖ Domestic flight ticket fee
- ❖ Guided sightseeing tour of Kathmandu valley on private vehicle.
- ❖ Entry tickets for visits to monuments according to the itinerary
- ❖ An experienced English speaking guide and trekking porter
- ❖ Salary, insurance, equipment, food, and accommodation for all employees.
- ❖ All necessary documents and necessary trek permit
- ❖ Medical equipment carried by your guide

- ❖ All Government and local taxes

EXCLUSIVELY:

- ❖ Nepal entry visa fees
- ❖ Excess baggage fee
- ❖ Lunch and dinner in Kathmandu
- ❖ International air tickets
- ❖ Travel and rescue insurance
- ❖ Personal expenses (phone calls, laundry, etc.)
- ❖ Tips for guides, porters and drivers

Important note

Your safety is of extreme importance when traveling with us. Please note that your guide has the power to modify or cancel any part of the route if it is deemed necessary for safety reasons. Every effort will be made to maintain the above itinerary; however, as this adventure involves traveling to remote mountain regions, we cannot guarantee that you will not stray from it. Weather conditions, the health of a member of the group, unforeseen natural disasters, etc., can contribute to changes in the itinerary. The leader will try to make sure the trip goes according to plan, but be prepared to be flexible if necessary.

Food and Accommodation

Accommodation is included in the price of the trip, and we have booked the best luxury accommodation in a three-star hotel for three nights in Kathmandu, two nights in a hostel in Nepalgunj / Jupal, and the other nights rested comfortably in a tent. We will provide a 4-season sleeping bag and a foam mattress. We maintain standard comfort in every material, depending on the conditions required, such as Weather disasters. All hotel and camp accommodations are offered in a multi-bedroom and offer you a specific surcharge if a different gender is available at no additional cost. If you prefer a single room, you can request and purchase a single room paying an additional \$ 400.

We serve Breakfast in Kathmandu, and all meals (breakfast, lunch, and dinner) are during the trip. You can enjoy freshly prepared, hygienic, and nutritious full board meals prepared by our trained and experienced chef during the walk. There are authentic Nepalese and Tibetan dishes, as well as the most popular international cuisine (Tibetan, Continental, Italian, Indian, etc.).

Trekking guides and other staff arrangements

The most important thing that makes this trip pleasant and unforgettable is the experienced, polite, and helpful cooks and the crew. Your journey is led only by the best and most professional leaders. All guides are carefully selected based on their experience, leadership skills, and personal skills. To support the local communities, we only employ local staff who have sufficient knowledge of the culture, ecosystem, flora, fauna, geography, and history of their regions locally.

Physical condition and experience requirements

Upper Dolpo Trek is classified as a challenging trek. During such a trek, you will likely walk for 6-7 hours through steep and mountainous terrain and sometimes over high passes up to 5500 m. You will be in a remote area with extreme weather conditions on certain days. It will also be exposed to high altitude air with low oxygen levels. Therefore previous hiking experience, physical fitness and a positive attitude are essential. Regular training and jogging for a few weeks before the trip is a good idea to improve your strength and stability. Past hiking experiences are essential, but technical knowledge is not necessary for this trip. We recommend you to let us know about your health before booking the trek.

Travel insurance

Travel insurance for every itinerary of our company is a condition for booking a vacation. You must have at least repatriation and emergency insurance, which must include the cost of any rescue. We suggest you read the general terms and conditions of your insurers carefully. In particular, you need to make sure that the following is covered: 1) Activity (i.e., sightseeing, hiking, or mountain climbing) 2) Maximum altitude reached during the hike 3) Helicopter evacuation in an emergency. You should understand that you are ultimately responsible for all

costs associated with evacuation and repatriation procedures and that you are responsible for the costs associated with evacuation or medical treatment. You must be fully aware of the implications of taking out your travel insurance and understand the limitations and exclusions of your policy. Please note that under certain circumstances, our company leader can initiate helicopter or other necessary rescue operations in medical emergencies without first asking your insurance company for approval.

The best time to trek in Dolpo

Autumn (October to November) and spring (April to May) are the best times for the upper Dolpo trek Like the Upper Mustang. The Upper Dolpo is one of the areas where the monsoon is a good time to travel, as it remains dry as it is in the shadow of the rain behind the Mustang Mountains in the west and Jumla to the south. Monsoon rain can make access to Dolpo difficult. You can also make this trip during the monsoon season You have clear perspectives. The entire region has also flourished with many wildflowers, and the air also emits a cool Himalayan freshness.