Upper Dolpo Trek

Facts

Destination: Nepal

Trip Difficulty: Adventurous

Trip Style: Hiking & Trekking

Transport: As per Itinerary

Food: Breakfast,Lunch & Dinner(BLD)

Accommodation: Hotel, Lodge and camping

Group Size: Min.2

Max Elevation: 5350mtr

Upper Dolpo Trek is a mystical journey in the far-western part of Nepal that leads to one of the remotest parts of the Himalayas. You will get to the travers unspoiled part of Nepal. Upper Dolpo Trekking is the best way to take yourself away from the daily hustle of your life and spend some time in the tranquil nature. During Upper Dolpo Trek 27 Days, you will get to see the rich culture and tradition of the locals. As this part of Nepal is highly influenced by the Tibetans, you will get to see the cultural similarity. Moreover, you will visit ancient monasteries and stupas on the way.

Upper Dolpo Trek is closed for foreign visitors for a very long period of time. The exceptional beauty of the region has been beautifully described in the Snow Leopard, a lovely book written by Peter Mathesons and the Oscar-nominated movie, Himalaya/Caravan. Even though the region is now open for trekkers, the Nepal government has enforced special permits that you need to get before traveling here. And, these permits are very expensive, which controls the tourist flow in the region.

Highlights

- Adventurous trail
- Trek through beautiful villages
- Experience the rich culture and tradition of the locals that is highly influenced by Tibetans
- You will cross three passes, Jengla Pass, Sele La Pass, and Kang La Pass
- Explore stunning Phoksundo Lake
- Get to see stunning scenery on the trail
- Witness excellent Himalayan mountains views Annapurna Range, Dhaulagiri Range, Manaslu, etc

Day to Day Itinerary

Day 1: Arrive in Kathmandu.

Day 2: Sightseeing & preparation day.

Day 3: Fly to Nepalgunj overnight hotel.

Day 4: Fly to Juphal & trek to Dunai; 4 hrs.

Day 5: Trek to Lingdo (2,350m); 6 hrs.

Day 6: Trek to Lahini Odar (3,370m); 6:30 hrs.

Day 7: Trek to Shim Odar (3,675m); 6:30 hrs.

Day 8: Trek to Dho (3,950m); 8 hrs.

Day 9: Rest day- visit Shipshog Gompa.

Day 10: Trek to Jengla High Camp (4,550m); 5 hrs.

Day 11: Trek to Jengla Pass (5,220m)- camp at Nagan Khola (4,200m); 8 hrs.

Day 12: Trek to Saldang (4,000m); 7 hrs.

Day 13: Rest day.

Day 14: Hike to Yangze Gompa and back; 9 hrs.

Day 15: Trek to Namgung Gompa (4,680m); 4 hrs.

Day 16: Sele-La pass (5,095m) & decent to Shey Gompa (4,350m); 6:30 hrs.

Day 17: Rest day- visit Shey Gompa & Tsakang Gompa.

Day 18: Trek to Kang La Pass (5,350m) and decent to Kang La High Camp (4,500m); 7 hrs.

Day 19: Decent to Phoksundo North (3,630m); 6 hrs.

Day 20: Trek to Ringmo gaon via Phoksundo Lake (3,641m); 4 hrs.

Day 21: Trek to Rechi (3,010m) via Rike village; 5:30 hrs.

Day 22: Trek to Kageni (2,350m); 6 hrs.

Day 23: Trek to Juphal (2,450m); 4:30 hrs.

Day 24: Fly to Nepalgunj and then to Kathmandu.

Day 25-26: Shopping day in Kathmandu.

Day 26: Back to home.

Cost Includes

- Arrival and departure transfer services to/from both airport as per itinerary
- Three-star or similar hotels for accommodation in Kathmandu and Nepaljung
- Experienced and government-licensed trekking guide, Experienced cook & all the staffs during the trekking
- Schedule flight tickets for Kathmandu-Nepaljung-Juphal-Kathmandu
- All the camping equipment like; cooking utensils, Tent, kitchen tent, dining tents, toilet tents, tables, chairs and sleeping tent twin basis
- 3 meals a day (breakfast, lunch & dinner with tea/coffee) during the journey
- Welcome & farewell dinner in a typical Nepali restaurant
- All the food and fuel for trek
- All necessary permits for upper Dolpo & lower Dolpo
- All wages, equipment, medicals, and accidental insurances for involved staffs
- First Aid medical kits

- Satellite phone carrying by Guide for communication and available for members with the cost of US$ 3 per minute call
- Emergency Oxygen, mask, and regulator provided on requirement of guest with appropriate charge
- Complete pre-departure information
- Flight ticket reconfirmation
- Visa extension procedure services (if necessary)
- Free Ascent Trails T-shirt, brochure, duffel bag, etc

Cost Excludes

- ?????Lunch and dinner during your stay in Kathmandu (except for the welcome & farewell dinner)
- Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, nutria-bars during the trekking
- Any personal expenses like laundry, charging, etc
- Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in Government regulations, etc
- Extra transportation out of the itinerary program
- Any additional staff other than specified
- Rescue, repatriation, medicines, medical tests and hospitalization expenses
- Travel Insurance and helicopter rescue
- Wallie-talkies & filming permit (if any special camera or walkies-talkies are taken on the journey)
- Expenses incurred towards usage of landlines, mobiles, walkie-talkies or satellite phone & Internet expenses
- Tips and gifts for staff
- Airfare of international flights
- Nepal entry visa fee (Visa issuance on arrival in Kathmandu)

- Any extra services or products or offers or activities, which are not mentioned in the itinerary
- Any other item not included in the “**COST INCLUDES**” section