



## Upper Dolpo Trekking - 24 Days

Upper Dolpo is a **challenging** isolated region trekking, offers thrilling experience for adventure enthusiasts seeking a remote trail adventures. It is a popular trekking route located in the remote mountainous areas of western Nepal, bordering Tibet. The region was opened for **trekking** in 1989, but it still remains relatively untouched by modern development. Similarly, it is a high- altitude area with rugged landscapes, beautiful valleys, **high mountain passes** and deep Georges.

It is home to the Dolpo ethnic groups, who have a rich **cultural heritage**. They have a distinct language (Dolpo-bhasha) which is similar to the Tibetan language. The Dolpo people move their livestock between highland and lowland pastures depending on the seasons. Most of them are engage in traditional practices such as agriculture, yak herding, and trading for livelihoods. They follow the teachings of the Nyingma sect, which is the oldest school of **Tibetan Buddhism**. Monasteries such as Shey gumpa and chharka gumpa, serve as important centre for **religious** activities, meditation, and rituals.

The Dolpo people celebrate various **festivals** throughout the year, which include Shey festival held in the Shey gumpa monastery and involve the performance of masked dances, rituals, and prayers. Similarly, horse race festival is also celebrated as events blend of sport and cultural celebration. It is held in different villages, where participants showcase their horse riding skills and compete in various equestrian activities. Therefore, the unique blend of Tibetan Buddhism and Bon religion, along with their cultural practices reflects the way of life and distinct identity of the Dolpo people.



## **PRICE INCLUDES**

- Airport Pick up and drop by private vehicles
- Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek
- One experienced (government licensed) and qualified English speaking guide
- One porter for two trekkers
- Guide/ Porters: food, lodge, transportation, salary, insurance, equipment etc
- First aids kit
- All taxes and company service charge
- Trekking permits and TIMS card
- One guide for sightseeing in Kathmandu

## **PRICE EXCLUDES**

- International airfare and visa fees
- Lunch and dinner in Kathmandu
- Personal expenses of bar and beverage bills, wifi, hot shower, bottle of water, extra porters, laundry or any other things which are not mentioned by the company
- Your trekking gears and extra nights in a certain destination
- Your travel insurance which should include the emergency rescue
- Tips for your guide and porters
- Entrance fees during the sightseeing
- Extra expenses due to any event such as strikes, weather conditions, or flight delays



## ITINERARY IN DETAIL

### **Day 1: Arrive Kathmandu (1,300 m)**

Stay overnight in Thamel, Kathmandu at 2-star Hotel, with breakfast.

### **Day 2: Full day Kathmandu City excursion**

On the second day you will visit some of the religious places around Kathmandu valley such as Swoyambhunath, Patan Durbar square, Boudhanath, and Pashupatinath temple. Stay overnight in Kathmandu at 2-star Hotel, with breakfast.

### **Day 3: Fly from Kathmandu – Nepalgunj & Transfer to Hotel**

Stay overnight in Nepalgunj at 2-star Hotel. Meals include Breakfast, Lunch, and Dinner.

### **Day 4: Fly from Nepalgunj to Juphal (2320m) & trek to Sulighat (2070m) 2-3 hours**

Stay overnight stay in Sulighat in a tent. Meals include Breakfast, Lunch, and Dinner.

### **Day 5: Sulighat – Renje (3010m), 5-6 hours**

Stay overnight in Renje at camp. Meals include Breakfast, Lunch, and Dinner.

### **Day 6: Renje – Ringmo village (3640m)–Phoksundo Lake (3620m) 5-6 hours**

Stay overnight in camp. Meals include Breakfast, Lunch, and Dinner.

### **Day 7: Rest day in Phoksundo Lake and explore around Ringmo village**

Stay overnight in Phoksundo Lake at camp. Meals include Breakfast, Lunch, and Dinner.

### **Day 8: Phoksundo lake – Phoksundo Khola (3630m/1190ft), 4-5 hours**

Stay overnight in Phoksundo Lake at camp. Meals include Breakfast, Lunch, and Dinner.

### **Day 9: Phoksundo Khola – Phoksundo Bhanjyang (4120m) 6-7 hours**

Stay overnight in Phoksundo Bhanjyang at camp. Meals include Breakfast, Lunch, and Dinner.

### **Day 10: Phoksundo Bhanjyang – Kang-La pass (5160m) – Shey gompa (4390m) 5-6 hours**

Stay overnight in Shey Gompa at Camp. Meals include Breakfast, Lunch, and Dinner.

### **Day 11: Rest day at Shey Gompa the crystal monastery**

Stay overnight in Shey Gomba at Camp. Meals include Breakfast, Lunch, and Dinner.

### **Day 12: Shey gompa – Saldang La (5010m) – Namgung village(4430m), 6-7 hours**

Stay overnight in Namgung village at camp. Meals include Breakfast, Lunch, and Dinner.

### **Day 13: Namgung village – Saldang (3620m), 4-5 hours**

Stay overnight in Saldang at camp. Meals include Breakfast, Lunch, and Dinner.

### **Day 14: Saldang – Yangze Gompa (4960m), 4-5 hours**



Stay overnight in Yangze Gompa at camp. Meals include Breakfast, Lunch, and Dinner.

**Day 15: Yange Gompa – Sibü (4560m), 6-7 hours**

Stay overnight in Sibü at camp. Meals include Breakfast, Lunch, and Dinner.

**Day 16: Sibü – Jeng La Phedi (4900m/16072ft), 5-6 hours**

Stay overnight in Jang La Phedi at camp. Meals include Breakfast, Lunch, and Dinner.

**Day 17: Jeng La Phedi – Jeng La pass (5090m) – Do Tarap (4080m), 6-7 hours**

Stay overnight in Do Tarap at camp. Meals include Breakfast, Lunch, and Dinner.

**Day 18: Day explore and acclimatization in Do Tarap**

Stay overnight in Do Tarap at Camp. Meals include Breakfast, Lunch, and Dinner.

**Day 19: Do Tarap -Tarap Khola (Karmakharka) (3800m), 6-7 hours**

Stay overnight in Tarap Khola at camp. Meals include Breakfast, Lunch, and Dinner.

**Day 20: Tarap Khola – Khanigaon (3150m), 5-6 hours**

Stay overnight in Khanigaon at camp. Meals include Breakfast, Lunch, and Dinner.

**Day 21: Khani Gaun – Tarakot (2537m) – Dunai (2030m), 5-6 hours**

Stay overnight in Dunai at camp. Meals include Breakfast, Lunch, and Dinner.

**Day 22: Dunai – Jhuphal (2320m) 2-3 hours**

Stay overnight in Jhuphal at camp. Meals include Breakfast, Lunch, and Dinner.

**Day 23: Fly from Jhuphal – Nepalgunj – Kathmandu**

stay overnight in Kathmandu at 2-star Hotel, with breakfast.

**Day 24: Final departure – Breakfast**

Transfer to the international airport.